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SAVVY TIMES

Welcome to the Journey! Issue 4, July 2004

The Official Parelli Savvy Club Magazine

Education: Be Safe... Be Ready

How long does it take for a small problem to become a big disaster?

**Examining the Behavior
of Asking for Help**

Q&A with Linda Parelli

Pushing Passenger Lessons





*"My goal is for you
to become a great leader
for your horse."*

- Pat Parelli

SAVVY TIMES

The Official Parelli Savvy Club Magazine

Issue 4, July 2004

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savvyclub@parelli.com

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Parelli Natural Horse•Man•Ship, USA

PO Box 3729 • 56 Talisman, Ste. 6

Pagosa Springs, Colorado 81147

1-800-642-3335 • Fax: 970-731-9722

www.parelli.com

FOUNDERS Linda & Pat Parelli

PRESIDENT Mark Weiler

VICE PRESIDENT Mary Mingus

PUBLIC RELATIONS

Kate Riordan

ART DIRECTOR Yvonne Wilcox

GRAPHIC DESIGNERS

Laura Dollar • John Driscoll

VIDEO DPT. David Burns • Eric Weiler

MARKETING/EVENTS Laura Rome

INFORMATION TECHNOLOGIES Chris Dollar

Heather Davey • Gabriel Cersonsky

ACCOUNTING Penelope Stowell

PURCHASING Matt Coats

SALES Carol Bentley • Dina Siegwald

Rochelle Talbot • Ellen Warren

Renee Weddle • Emilie Wood

SHIPPING/RECEIVING

Pat Black • Merly Martinez

TOUR Sue Shoemark • April Bronson

Susan Pritchett • Julie Schmidt

Tony Tamez • Helen Topp

DEAN OF THE INTERNATIONAL

SAVVY CENTERS Neil Pye

International Savvy Centers:

COLORADO

7110 Hwy 160 West

Pagosa Springs, CO 81147

FLORIDA

8695 NW 120th Street

Reddick, FL 32686

Parelli Natural Horse•Man•Ship, Canada

Box 543 • 3627 Hwy 97A

Armstrong, BC, V0E 1B0 Canada

877-727-3554 • Fax: 250-546-2774

www.parellicanada.com

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On the Cover: Linda Parelli & Remmer.
Beginning with our Level 2 courses at the Parelli
International Savvy Centers we always
try to take our savvy out on the trail.
After all, this is all about real horsemanship and
knowing how to put savvy to use.





Can you imagine buying fly masks for your horses from a guy behind the counter named Pat Parelli? Or have Pat Parelli try to convince you to carry ostrich cowboy boots in your store instead of alligator ones?

Believe it or not, there was a time or two in Pat's life when he was so discouraged that he considered putting horses in his rear view mirror and becoming a salesman/marketing professional/event promoter. Anything but a horse trainer.

Enter serendipity — Pat's uncanny aptitude for making fortunate discoveries (seemingly) accidentally. Serendipity, in this cowboy's life, seems to consistently appear in the form of mentors.

We're all influenced by the people around us. Some of the lessons we learn are profound, some not. Many of us have read about the men who influenced Pat while he was growing up; his younger years were rich with mentors who took this young man under their wings. Today Pat still seeks the wisdom and counsel of others.

An Australian named Tony Ernst played an essential role in Pat's life. Tony, who walks haltingly due to a car accident during a monsoon, is a remarkable man. A master musician, he plays 14 different instruments and became a martial arts expert after being in a wheelchair for five years. During his global wanderings as a student of the horse, he had spent time in Elko, Nevada where he met Ray Hunt and Tom Dorrance.

"When I met Tony," reflects Pat, "I was at a point in life when I was really discouraged. I had lost my lease, I wanted to leave the horse world, I was starving. Instead of having seven horses in training in order to pay the bills, I had two. Typical horse trainer story: I was broke and the horses had all the bucks. I was getting hurt — more hurt riding saddle horses

than I had been in riding rodeo stock! I didn't know how to prepare a colt properly, and I was getting everyone's rough, green horses from all around the country."

Pat seriously considered getting out of the horse training business, possibly working at a western store or being a sales rep for western gear. "I even tried making my big fortune by putting on the Clovis Mule Days. Between ticket sales, entry fees, and selling hot dogs, hamburgers and beer, the first year we grossed \$26,000 in two days. But the event cost \$27,000 to put on. I lost \$1,000!

"Then I met Tony Ernst. He really impressed me in many ways. He said, 'Just bend your horse's neck and then bend him to a stop. Breathe in deeply, and then breathe out slowly.' I did this three times and the horse that I was sitting on, who had been really tight and tense, finally took a deep breath and then exhaled slowly. It was a changed horse.

"Tony started telling me about what he did with colts, and I realized that I had seen a guy down in Madera who was doing something similar. Turns out I had gone to the

turns right and left. I hadn't heard of Ray Hunt, and was only watching his students. I remember thinking, 'Oh, that's neat!' And off I went! It wasn't until I met Tony that I found out I had seen what Ray Hunt was teaching."

In addition to imparting to Pat what he knew about horses, Tony was the catalyst in getting this cowboy interested in martial arts. "He taught me about inner power and focus; about mental, emotional and physical exercise; about the Kung Fu principles of discipline, body control and mind-body mastery; and about seeking excellence," smiles Pat. "He said, 'This is not about tearing somebody's head off; this is about achieving excellence.'" It was Tony Ernst who encouraged Pat to further his horsemanship for the sake of excellence.

Then Pat began to work under the tutelage of Troy Henry, a master horseman from Clovis, California, who specialized in training and developing both horse and rider for competition using psychology and communication. Troy Henry opened up a whole new world to Pat by helping him understand the

horse's mental and emotional processes as a prey animal, as well as the true dynamics of horsemanship and how they applied to performance horses. Troy was intolerant of people who did not know how to think like horses, but once he saw how invested Pat was in making the change in himself, Troy started to teach Pat what he knew.

"Troy Henry told me some profound things right before he passed away. But it wasn't as though he was on death's doorstep. One

day I walked into his house and he looked like a raccoon with two black eyes. When I asked what had happened, he said, 'I don't know. I just woke up on the ground after being in the saddle.' I think he had a stroke.



When I went to Bishop Mule Days in California to do a bridless demonstration, even my competitors came up and told me how fantastic it was! I stopped competing and started demonstrating.

end of a Ray Hunt clinic and didn't even know it! I got there for the last 45 minutes of a five-day clinic and watched people riding with the reins around the horse's neck, walking slow and then walking fast, swinging half

A month later he died, but not before telling me these three things:

"Step one: Take care of your horsemanship and it will take care of you.

"Step two: Never show your horse against your customer. In those days everybody was trying to win the Snaffle Bit Futurity. If you were competing on your own horse and on your customers' horses and you won with your horse, you're bound to have unhappy customers.

"Step three: Never show a horse. If you show a horse and you win, people will simply pass it off as luck. And if you don't win,

they're bound to say 'I told you so.'"

"These things stopped me in my tracks," comments Pat. "I said, 'How can I get ahead?' Troy said, 'I didn't say don't demonstrate.'"

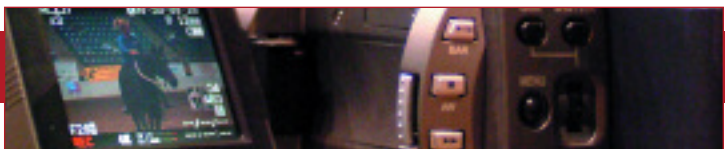
"That's when I quit showing, even mules. People used to hate me because I won with mules. But you know what I thought? You know the old adage, 'If you can't beat 'em, join 'em?' I thought people would be impressed with my showmanship and how well I was doing with my training. Instead they'd hire other trainers to try to beat me!

"I tried what Troy suggested. When I went to Bishop Mule Days in California to

do a bridleless demonstration, even my competitors came up and told me how fantastic it was! I stopped competing and started demonstrating.

"The last thing Troy told me was that if you become a good teacher, you'll always have a job. Those were his parting words, ones that I've taken to heart."

Pat continues to teach with excellence. Horses and humans alike benefit, and yes, we benefit too from his mentors' ability to impart wisdom and knowledge to Pat. I, for one, am grateful. 🐾



Behind the Scenes



PARELLI INTERNATIONAL SAVVY CENTER FLORIDA WINTER SCHOOL

What would it be like to spend 10 weeks with nothing but your horse and your fellow horsemanship students? Intense. It's a horsemanship experience like nothing else. The days are long, but the rewards are great. Cooperation, patience, imagination and team building are just a few of the skills you will absorb. The environment is entirely focused to accelerate your learning. Everyone is there for the same purpose: the horse. Not only will you grow in your communication skills with your horse, your peers and your instructors, but you'll gain a greater understanding of yourself.



Each issue of Savvy Times features a particular subject to which our readers can respond.

October Issue: Hands (submissions must be received by August 23rd for printing)

January Issue: Patience (submissions must be received by November 22nd for printing)

Please send your submissions via e-mail to: savvyclub@parelli.com or via U.S. Postal Service to: Savvy Times, c/o Parelli, PO Box 3729, Pagosa Springs, Colorado, 81147. Thanks!

Relationships with horses. Now there's a topic! Having a relationship with a horse is a new concept. I've ridden my entire life and I'm getting kinda old by now and I have NEVER EVER heard anyone say a word about the relationship they had with their horse. I know women at least had relationships with horses but were afraid to say for fear of the mockery that would come down on their heads. I've been mocked by old men for slipping my horse the core of an apple on a long trail ride. Or that a horse could think, or that anyone should care what he thought.

I believe the saying, "The outside of the horse is good for the inside of the human." It is my heart's desire that somehow through teaching people to develop the relationship with their horse, they can also improve their relationships with humans and respect their dignity as well as the horse's. In learning to be partners with the horse maybe we can learn to be partners with people. How wonderful that Parelli gives us a way to have a safer, more enjoyable ride with our horse and become a better person too.

— ROSA ROBINSON, ARKANSAS

When I was in my early 20s, I was exceedingly naïve about life. But in my ignorant bliss, I decided to go into law enforcement and juvenile probation work. This was some 35 years ago, and women were not even allowed to apply for a job with the FBI. Working with kids as a probation officer was acceptable, but a woman on the police force was relatively unheard of and definitely frowned upon. Nevertheless, that's where I landed, fresh out of college, working undercover (of all things). I thought I could save the world, one criminal at a time. Little did I know that I was being set up as an example to ward off other women from wanting to perform these jobs.

One night my partner and I were busting a drug deal and my partner disappeared. I wound up being stabbed by five gang

women who left me for dead in an alley. My partner never showed up again; to this day I know it was a set-up, hoping that I'd die and set an example to keep women from entering the police force. Some 21 hours later I was found by a passerby. Even now I don't sit with my back to the door.

I've had horses all my life, and had relative success with whatever I did with them. But after discovering Parelli, my horses are now my partners. I trust them; they trust me. It's taken me a long, long time to trust again. The Parelli system has opened doors for me in looking at relationships, understanding the universe of respect, and how wondrous it is to truly trust a living being. I breathe differently now; my focus is clear. I can even turn my back on my horse; he's a partner I can trust.

— ANDREA ATHERTON, CALIFORNIA

I was blessed in that my first horse was the best partner/teacher/friend I could have wished for. I was too young and inexperienced to logically know what I needed, but that little sorrel Quarter Horse gelding was the total package. On his back I learned far more about trusting your horse and your instincts than any of my riding instructors ever taught me. He was smart enough to look after both of us. He had such heart and courage and his confidence was contagious. Together, I was convinced we could do just about anything, and we did...from jumping four-foot fences, to working cattle, to running barrels. We had 25 remarkable years together before he died at the age of 32.

He was and always will be my partner in the truest sense of the word. Of the numerous horses I have known, loved and ridden since, that 14.2 hand gelding stands head and shoulders above them all.

— DIANA MURPHY, ARIZONA

I was born and raised on a ranch in California. The Baron was our plow horse.

After the day's chores were done, Dad would toss me up on The Baron's back and I'd cling to the harness as The Baron would plod his way to the barn. I'd continue to perch on him as Dad prepared a warm bran mash and special feed for this horse, this ranch partner. He'd carefully place his feet as he entered his stall, careful to not hurt any of the many kittens that kept him company in his cushiony straw bed. I always sat on The Baron while he ate his evening meal, happy to just feel his warmth under me and listen to his chomp chomp chomp. The smell of bran mash and sweet hay remind me of simpler, carefree times.

The Baron was a partner in the finest form. Dad and he tilled the field together. He taught me about the rhythm of life. He was steady, reliant, consistent, careful, caring. Sort of everything you'd want in a friend.

— MEGAN O'RILEY, MONTANA

I had a partner in a gold claim once. Only once. One day he and I were working a sluice box and came across a couple of chunks of pretty good size. I climbed up on the bank to fetch a special satchel we kept our bigger nuggets in. Couldn't find it. Went back to the river to ask my partner about the bag, and he and the nuggets were gone. Can only suspect that he took the bag, too. Don't know what prompted him on that particular day, well, yeah, I guess it was greed and it finally got to him. We had been partners for years. Maybe he had planned that one moment for a long, long time. Guess I'll never know.

What I do know, though, is that my partners now pretty much all have four legs. I have a mule that I wouldn't trade for the world, and a couple of good dogs. The mule's a good one, especially after she and I played around a bit with that Parelli stuff. That mule and those dogs are all I need for partners in this world. Don't know about the next world, but this'll do for now.

— TIMOTHY BUCKNALL, WYOMING



SAVVY CLUB SUCCESSES

Just wanted to let you know that the March DVD is the BEST tool yet! I couldn't wait for it to be over so I could get out to the barn and play with my horse! I put the barrels, some hay bales, the dreaded (no more) blue tarp, a ball and a jump in the arena and we just went from one thing to another. Some of it was pretty, some was not, but we made great strides and now that we're on the right foot we're going to keep going! We are almost to Level 2 and hope to have our red string in May! Thanks for the monthly motivators — they're working.

— Carole Jurack

I just wanted to say how much I enjoyed Stephanie Burns's article, "Principles Before Goals," in the latest issue of Savvy Times. It was a great reminder to remember to put your principles before your goals and how much more fun it is for you and your horse when you do. Linda's article on the "Eight Responsibilities in Action" was also awesome (come to think of it, all the articles were!).

Thank you so much and keep the great information coming! I am having the best time playing with and progressing with my horse in Level 2 and all the thanks goes to Parelli.

— Alanna Farrell

I'm so happy to become a Savvy Club member! I am watching my club DVDs to the point of wearing them out! I love the March DVD of the Florida seminar with Splash, Dancer and Wrangler. That has taught me so much!

My horse has some attributes of Splash like the quick movements when she gets moving forward and the striking and rearing. We have been taking things very slowly to be safe and making remarkable progress. She was used for barrel racing so we are working at impulsion, and to respond with respect without fear!

It is also great to see Pat playing with Allure. It's great to see what to do when things don't go A-B-C.

Keeping it Natural,

— Anne Cistoldi

THE SECRETS TO PROGRESSING

Recently, I ran into an old friend who was "in" the LLL tour; her horse had been accept-

ed into the tour because of his horrible ground manners. She was all smiles and elated at the tour, but after coming home, she wasn't sure if Parelli had anything to do with riding!

I heard that she asked, "So if this program is so good, how long is it that you have been 'trying' to get it?"

That very question is why I e-mailed the Savvy Club! Everyone learns and practices differently. We all have times when we have to put Parelli on hold, or stop for a while. But we can always use those times to "dwell" and read the materials, watch the tapes, etc.

While thinking about what this lady said, and trying to turn it into something positive, I realized that I spent the 20 years before 1994 doing and learning all I could to get me where I was, which was nowhere compared to where I am now after 10 years. Yes, many people did it in 5 years or 3 years or even less, but I am not sure this is a race!

So to all of you guys who have been "playing" for so long, heads up! It doesn't matter — you are still way ahead of "where you were" when you started. Attitude and desire are way ahead of "time." Hang in there!

— Terry Terry

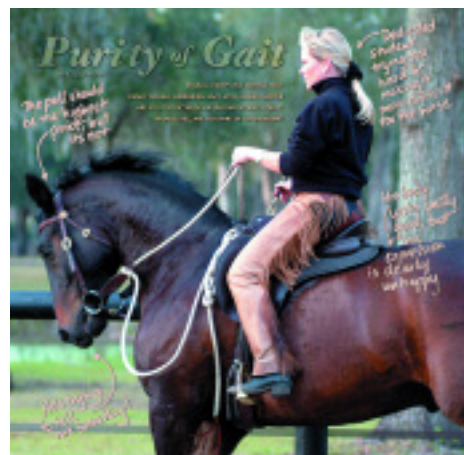
THE IMPORTANCE OF TRUST

I was thinking about some of the squeeze tasks, especially, like jumping, and going between objects that are close. I realized that with my good leadership, Zorro had started to trust me more in tough situations. Now I realize why.

It must be about trusting me to ask him to do this as a leader and get him over thinking of me as a predator. How do I do that? By asking with the lightest phase, and rewarding the slightest try. The try is not to try to jump, the try is to do something against survival in the presence of a predator, and by the predator's direction. The natural thing for the horse to do is to do the opposite and trick the pred-

Just had to report! I've been working on what was in Linda's article, "Purity of Gait," in the Savvy Times this week, and tonight I got the best, most balanced canter to date (and that's after four years!)

— Sally Taylor,
Minnesota



ator. It is about survival!

How comfortable does the horse need to be to feel confident with his human leader? Hmm. That is a big change for my horse and certainly for me, the human.

— Pamela DeMuth

NORMAL VERSUS NATURAL

I regularly deal with a number of folks who somewhat bash Parelli. I realize that regardless of Pat's sales or training methods, or the attitudes of the normals, or the other Naturals that follow different instructors, Pat has the only step-by-step, page-by-page method that has made the incredible relationship I now have with my horses (L2 and L3) possible.

After all of the hundreds of dollars I spent on dressage lessons, and years of never getting any better, I give Pat and various instructors my money with JOY in my heart. How else would any of us have done what we have been able to do — by ourselves? Maybe. But I walk out to the field and my horse CANTERS to me, thanks to the work Pat and Linda have done to make that possible. Sorry, normals, but it's worth every penny to me.

We owe it to ourselves and our horses to have the best teacher and best teaching materials that are available. I think we've got that in Parelli. I have friends who have worked with other natural instructors, and they still (years later) can't do what I have learned in my PocketGuides alone.

Now I will hop off the big soap box, and say "keep the faith." Sooner or later, this way of respecting the horse will be the norm.

— Julie Alday

Savvy Club Update

As the Savvy Club continues to grow so do the benefits! Following are several new and exciting programs that have been released since the last issue of Savvy Times. We are always eager to receive your comments and suggestions. Please e-mail us any time at savvyclub@parelli.com.



SAVVY CONFERENCE SPECIAL!

We're limiting the number of attendees this year even more than last year, so don't wait to get your tickets! You don't want to miss Pat, Linda, tournaments, Craig Johnson and Karen Rohlf! And here's a special

bonus: As a Savvy Club member, you can purchase as many tickets as you desire for only \$150 each! Bring your family and friends! Mark your calendar for September 10-12, and call the office 800/642-3335 or go on-line to www.parelli.com to get your tickets before they're all sold out!

VOLUNTEERS NEEDED!

We need informed, enthusiastic volunteers for all of our Love • Language • Leadership with Horses tour stops. You must be at least an official Level 1 graduate to work the sales floor, but we are also looking for Savvy Club members who are studying Level 1 and above to work in the Savvy Club booth. E-mail Julie at jschmidt@parelli.com or call 800/642-3335. Ask about the rewards of volunteering!

NEW PRODUCTS TO BE LAUNCHED AT CONFERENCE

You're going to be thrilled with the new products that will be first shown at the Savvy Conference. Even more thrilling for Savvy Club members is that there will be SPECIAL SAVVY CLUB PRICES for all the new products!

BACKSTAGE PASSES

One of the purposes of your Savvy Club membership is to bring you closer to Pat and Linda, and here's a real chance to see them in person! When you attend a tour stop visit the Savvy Club booth; show your passport or membership card and you will receive a backstage pass button. This button gives you access to the Savvy Club private session Saturday night where Pat and Linda will play with horses you didn't get to see during the show. Then stick around for an intimate Q&A session!



TOUR STOP ADMISSION

Not only do YOU get into any Love • Language • Leadership tour stop for absolutely free, but you can also bring as many friends and family for the same price... FREE!

What you have to do:

- 1) Log in to the Parelli Online Shop. <https://shop.parellisecure.com/> (If this is your first time, you will have to make a new account. Make sure that you use the same e-mail address as your Savvy Club e-mail otherwise it won't recognize you as a Savvy Club member.)
- 2) Click on the link that says "Tickets" and follow the same steps as if you were purchasing tickets. In the end your balance will be zero and your tickets will be sent by mail.

DON'T FORGET YOUR MEMBERSHIP CARD

Your Savvy Club Passport will get you in free to all the Love • Language • Leadership tour stops, but don't forget your membership card. Your card will be swiped to add your special Savvy Club member discount to your purchases at the show!



SAVVY CLUB SNEAK PEAK

There will be a new VERY special and innovative product launched in the next few months. And rest assured, Savvy Club members will know about it before we launch it to the general public through our advertising campaign and marketing plans. We want you all

to be the FIRST to know! And better yet, as Savvy Club members you'll have a SPECIAL DISCOUNT!

BACK ISSUES AVAILABLE

Check out our back-issue library of DVD's, CD's and mag's at the Savvy Club website www.parellisavvyclub.com...

Savvy Times, Issue 3
April 2004

- *Purity of Gait* by Linda Parelli
- *Principles Before Goals* – *How Interesting!* by Dr. Stephanie Burns
- *Internship at the ISC* by Terra Pugh
- *Q&A with Linda Parelli: Bits*
- *Junior Savvy, Tournaments, Parelli Tips, Behind the Scenes and more!*

May 2004 Audio CD

"The 5 Don'ts..." with Pat Parelli

Pat talks about the five things you don't want to do with a horse and why. #1 Don't just catch your horse... #2 Don't just saddle 'em up and get on... #3 Don't kick your horse to go... #4 Don't just pull the reins to stop... #5 Don't use the reins to turn...

"Difficult Horses" with Linda Parelli

Also on the May CD Linda discusses Right Brain and Left Brain behavior and how to tell the difference. There are no problem horses. There are only challenging horses. The problem is in the relationship!

June 2004 DVD, Issue 3

- *Attitude/Knowledge:* Taped during the 2003 Reining Course. Pat talks about why



Reiners are required to “drop the bridle,” and the importance of not letting your goals compromise your principles.

He then introduces Linda, who presents the concepts of “Fluidity.”

- **Tools/Techniques:** Watch Pat prepare a horse that is deathly afraid of bicycles. You’ll see this horse become calmer as Pat starts playing the Seven Games, and you won’t believe what happens when they bring a unicycle, and then a bicycle into the arena!
- **Imagination:** Have you ever considered how many different things you can do with the Seven Games and just one obstacle? Linda and Remmer demonstrate how to expand your imagination with a log, from Friendly to Squeeze and everything in between.
- **Inspiration:** Pat asks 15-year-old Emilie and her Arabian, Porsche, to demonstrate what she’s learned in her studies of Levels 1, 2 and 3... What follows is a very moving demonstration of how far these two have come together.
- **Behind the Scenes:** The 45 P’s! Can you recite Pat’s 45 P’s! It’s one of your Level 3 tasks in the Savvy Club Passport. If you need some help getting started, just watch this savvy 13-year-old club member!

SAVVY CLUB FORUM

The Savvy Club Forum is our newest resource for Savvy Club members only. This is a place to meet fellow Savvy Club members, share stories and chat about everything Parelli. You may find other Savvy Club



members from your area who are traveling to clinics and courses or even board in the same facility as you! To

log on and check out the Forum just log-in to www.parellisavvyclub.com. Click on the “Savvy Club Forum” link at the top of the page and then select “Register” from the top menu. This will take you through a few easy registration steps. Now you’re set to explore existing posts or create your own!

COACHING SESSION WITH LINDA

Remember: Apply to receive a free coaching session for you and your horse with Linda Parelli at the Love • Language • Leadership tour! You must be studying Level 1 or 2 and be a Savvy Club member. Applications can be found at www.parellisavvyclub.com.



Photo courtesy of Ginny Sue Lewis

Tips for Preparing Your Parelli Award Presentation

By Ginny Sue Lewis

You have accomplished a goal on your horse-man-ship journey: Official Level Status! Now what do you do?

What is a presentation?

It’s a framed display of you and your Partner’s achievements that serves as a visual reminder of taking the time it took as you continue to take the time it takes.

What do they look like?

Your presentation can be as simple as the certificate framed alone or compiled with a Plethora of Parelli Paraphernalia and other Personalized Pieces.

Where do you start?

To display your accomplishments with Parelli Savvy, the process is quite simple. With each presentation being an original creation, we can work together on the design or I can create a look just for you. Possible items to include with your certificate might be; pin(s), Savvy string(s), photograph(s), horse shoe(s), mane and tail hair, barbed wire, name plates and other unique ways of added verbiage. Items are limited only by one’s imagination.

The process is as simple as sending me your personalized items. A new certificate and pin are provided complimentary while added Savvy strings are available if needed.

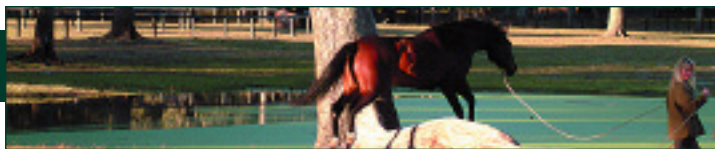
SPECIAL NOTE: It is never too soon to begin collecting memorabilia possibilities for your presentation: Your journey began the moment YOU made the commitment to “Keep it Natural.”

Each presentation is authenticated by the embossed Parelli logo. The level of quality represented in your Parelli Presentation Parallels your Pursuit of excellence.

As with all Prior and Proper Preparation, Placing Principal before Purpose, together we can Positively Prepare the Perfect Price. YOU will take Pride in your Presentation knowing the Pride I Place in every creative detail!

awards@parelli.com • 269-781-2564





When a horse starts getting over-excited, most people don't realize just how close they are to things going really wrong, really fast.

How long does it take for a small problem to become a big disaster? A nano-second. I should know because it happened to me a lot... pre-Parelli savvy. When my horse was jiggling on the trail, when he was pulling on the reins, I had no idea that I was just a snort away from him really blowing up and bolting off out of control. In fact, it had to be a near death experience before I stopped taking him on the trails.

Why does it have to get that bad? I think it's because horses getting excitable or hard to control is quite normal and hardly anyone has this sense that they could be moments away from a really bad accident... unless they are over thirty. As a teenager and in my twenties I never thought about getting hurt badly. Even when I did come off or get hurt, it was almost as if I didn't remember it the next time I went riding. But something happened to me when I hit 30 — it's called a sense of mortality!

Now that I've hit my mid 40's I know a great deal more about horses and have too much value for life to let anything get even a smidge out of control!

It's been a long time since I've had an accident with my horse because I'm intensely aware of how a problem starts. This means I can do something about it before it gets out of hand, and better yet, before even getting into a challenging situation. When it comes to horses, prevention is a lot better than cure.

AND THE MASTER INQUIRED: WHY WOULD YOU EVEN BE IN THAT BAR?

There's a story Pat tells about a martial artist who consults his master about what move he should best use when meeting an aggressive man in a bad situation in a bar. And the master inquired: Why would you even be in that bar?

That's where savvy starts. That's what

"don't go there" means in the first instance.

WHAT'S IT GOING TO TAKE?

It's curious to me that some people have quite a bit of resistance to changing their ways, even when it's dangerous. So we get this question a lot: "If I start Level 1, do I have to stop trail riding, going to shows or even riding at all?"

The answer: Only if you have any excitability or control issues. (The emphasis being on the word 'any'.) You might think you can handle the situation as it is, but if it got a little or a lot worse, could you still handle it? Better yet, could you do something to prevent it getting worse or do you just tolerate it from start to finish?

Many people right there and then agree and are hugely relieved because finally they feel they'll learn how to avoid the discomfort and fear that plagues them when riding in those situations.

Others have a different reaction like, "Well, my horse does get a bit excited. But since changing to a shank bit and a tie down I can hold him back better." They're the ones I really worry about. If you think a couple of strong gadgets are going to save your life you are wrong... but don't be dead wrong! There is no bit or gadget in the world that can control a horse's emotions. If you couldn't take your horse on a trail ride on a loose rein, from start to finish, you're an accident waiting to happen.

Occasionally we have to get really brutal. When someone says, "But I want to trail ride," I'll reply, "But is it worth risking getting hurt or dying?" — only to be met with a look that says "surely you're exaggerating."

We're not exaggerating. Think about how many horse people you know who have been hurt or badly frightened. And what about those who've lost their life? I knew one. The only thing that stands between you and a horse accident is SAVVY... and that means having enough savvy for the type of situation you're heading into. More on this later.

I KNOW BETTER. AND I'M WILLING TO DEMONSTRATE THIS!

Many of you know of my young horse Allure. He's been featured on some of our new DVD's (Trailer Loading, Water Crossing) and on an early Savvy Club DVD (Seven Games with a New Horse). Allure is a four-year-old Trakehner Warmblood who is very high spirited, hypersensitive and hyperactive (which can be very scary!) and right now he is helping me make a big point by appearing with me during our two-day seminar, Love, Language and Leadership with Horses.

In planning my development with this horse, I would not schedule him for the show until he was a solid Level 2, minimum. Right now Allure is Level 2 on the ground but he is barely Level 1 when it comes to riding because he's quite a challenging horse for me. He can still blow up in unfamiliar situations which makes riding him in front of an audience and trying to talk at the same time rather life threatening! He's going quite well at home where I can ride him by himself and around the ranch without incident, but it's a familiar place and I'm able to keep my focus on him and his on me.

That changes when I present during our show because my focus splits between my horse and the audience and Allure is way too needy at this stage to be able to fill in for me. He is not yet self-confident enough; he has to rely on me a lot. I even bring Remmer into the arena because it makes him feel safer and takes a bit of the pressure off me so I can at least talk to the audience more!

CONFIDENCE IS THE KEY

It was just a couple of years ago that Remmer (my young Dutch Warmblood) was playing second fiddle to my advanced horse Siren, the lovely Thoroughbred I brought over from Australia back in 1993. I would play with Siren at the show and just turn Remmer loose in the arena at the same time and sometimes play with him

Be Safe... Be Ready

By Linda Parelli



Allure is now that young clown and Remmer is the consummate professional. My plan with Allure was to get him to Level 3 before presenting in front of a large crowd in a strange place. That was until our students requested being able to see things that don't go perfectly with our own horses. Well, you sure have that now with Allure and me!



on the ground. Some of you may remember this because he often stole the show. Just when I was trying to make a really important point, he'd do something like grab Siren by the bridle and lead him off! Allure is now that young clown and Remmer is the consummate professional.

Siren and I held the floor until Remmer was well on his way to Level 3 before I performed with him as my main squeeze. By that time presenting in front of a large crowd in a strange place where anything could happen was no big deal. That was my plan with Allure until our students requested being able to see things that don't go perfectly with our own horses! Well, you sure have that now with Allure and me, and Pat has Nova, a very challenging and hot-blooded Andalusian and Thoroughbred cross. She's a magnificent handful. Generally we'd have these up-and-coming horses with us for continued development but not performing yet because they are just not ready. In my mind, Allure would be ready in about a year from now (it's April 2nd). But then it would all look too perfect and you wouldn't learn anything!

It's interesting that horses are usually labeled as spooky and difficult with little hope of ever making them reliable. But horses can make lasting behavioral changes when their self-confidence is developed. As horse owners and riders, it's vital that we learn how to do this. Our health, our lives, depend on it.

KNOW HOW TO DEVELOP YOUR HORSE SO HE MAKES PROFOUND PSYCHOLOGICAL CHANGES

How do you develop self-confidence in a horse? You follow Pat's program, step by step, Level by Level! There are no tricks, no short cuts, no gadgets or gimmicks. You know those don't work — you've probably

even tried several. The savvy truth is you need to know how to develop your horse so he makes profound psychological changes, letting go of nervous and fearful behaviors and replacing them with trusting and confident ones. That's what Pat's program is all about. It's already invented, already defined, so all you have to do is

and savvy develop.

DON'T BLAME THE HORSE

I remember clearly when Pat talked to me seriously about my horse Regalo, way back in 1989. Regalo was the horse who made this English rider humble enough to go to a cowboy for advice! Here's what he said: "Just remember, YOU bought him.

Don't blame him for being who he is." So that's it: Don't blame them, understand them. Don't fight it — change it.

When horses get excited, people react in the normal way because this is all they know. They're right brain and this is what they've seen done and been told to do: Pull back on the reins, get a bigger bit, strap on a tie down, jerk on the shank, growl or yell at the horse and even punish him with a whip. Just when the horse needs us to be brave for him, just when he needs us to understand how scared and threatened he feels, actions like this make it worse. Often it's just because we don't know what else to do, and usually it's driven by fear.

The hardest part of the whole horse-human equation is that prey-predator thing. Prey animals want to run away and predators want to hold 'em back.

It's natural for us to do the wrong thing at the right time with horses and that's why so much of what we teach is about overcoming our own instincts and knowing what to do when a horse goes right brain. Around horses, it just doesn't work to act like a predator, neither a mad one nor a scared one.

DO THE SAVVY THING

In the "getting" of savvy, there are some things that will become SOP, Standard Operating Procedure. These are the kinds of things that become savvy.



Pat and Nova • North Fort Myers, Florida

follow it step by step. It's a system for learning horse savvy.

WHAT ABOUT SELF-CONFIDENCE FOR THE HUMAN?

The more you know, the more savvy you have, the less you feel unconfident. I've found a great way to know if you are confident enough to do something like go into a larger arena. Go faster: It's when you *want* to, which means you feel like it — there is no doubt, no fear... you really want to. And that comes as your expertise

CALCULATING THE RISK FACTOR

By knowing that horses are prey animals, you start to know what bothers them.

Here's a quick look at the kinds of things you can expect with a horse whose confidence has not been developed, and how things might change through Levels 1, 2 and 3.

<u>Situation</u>	<u>Pre-L1 Student Risk</u>	<u>L1 Student Risk</u>	<u>L2 Student Risk</u>	<u>L3 Student Risk</u>
Riding in your round corral	Low-Med	Low	Zero	Zero
Riding in your arena	Med-High	Low-Med	Zero	Zero
Separation from other horses	High	Med	Zero-Low	Zero-Low
Trail ride with savvy friends	Med-High	Med	Zero-Low	Zero
Trail ride with anyone and anywhere	High	Med-High	Low-Med	Zero
Trail ride with Parelli Professional	Med-High	Med-High	n/a	n/a
Horse Show	High	Med-High	Low-Med	Zero

When a horse acts like a prey animal, "accidents" should be expected! The idea is to teach your horse to become less reactive, be more emotionally in control — and to know how to measure that so you don't step into situations oblivious to the potential consequence.

1. PROPER AND PRIOR PREPARATION.

This means you don't expose your horse to situations he is not mentally and emotionally prepared for, as per the examples in the 'Calculating the Risk Factor' chart.

The message from us, loud and clear, is: DON'T GO THERE. Mistakes are only something you do if you know better, but ignorance can be deadly. If you own a horse, you need to know what the risks are and how to minimize and even eradicate them.

2. THINK LIKE A HORSE:

THE POWER OF FORESIGHT.

The worst thing that can happen to you when riding your horse is a surprise. How much better would it be if you could anticipate things and therefore prevent a mishap. The secret is knowing how horses think so you can read and understand the situation before your horse reacts to it. You'll know what your horse is apt to do and either get off before it happens, or do something before it happens. It's awful to feel things go from bad to worse and not know what to do to change it.

"Think like a horse" is one of the Four Responsibilities of the Human outlined in

Level 2 of our program and it encapsulates the principle of looking at things from the horse's point of view. If you walked through life the way a prey animal does, seemingly ordinary things suddenly are very suspicious. The prey animal is hyper alert to noises, movement and changes because they are all early warnings that a predator may be present.

Despite 6,000 years of domestication, the horse is still the genetic result of six million years as a successful prey animal and really, things have not changed all that much for them. Horse meat is still on the menu in many parts of the world, and every year thousands of horses are sentenced to death because they don't behave well enough.

3. STAY CALM.

Remember that there is very little difference between your horse and a chicken! When your horse is afraid he needs you to take control and help him feel safe again. Sometimes this means getting very firm and very directional, asserting your leadership (more on this in a minute).

Can you imagine being with someone you look up to, and when you get afraid

they fall apart? Leaders need to stay calm in a bad situation because everyone counts on them being calm and having an action plan. Same with your horse. He needs you to think like, act like and be a leader for him. In fact, you could describe our program as being leadership for horses. You need to develop yourself as your horse's leader, one that he can depend on to be calm and to have a plan when in a scary situation.

And here's a big key: The more knowledge you have the calmer you get, almost no matter what the situation is. You can think clearly and create solutions for both you and the horse.

4. DON'T GET ON.

If your horse is excited don't get on, no matter if you are leading, saddling, lungeing, whatever! The Seven Games* help horses concentrate and become left brain.**

If your skills are not yet high enough to get him and keep him left brain, don't let ANYONE make you get on that horse. Would you jump onto a ship that's sinking? Would you get in a car that had no steering or brakes?

* The Seven Games are how alpha horses interact with other horses. Pat Parelli has defined them and teaches them to humans so they can act like the alpha in a manner that makes sense to horses. Horses feel safe with their alpha; they trust, obey and follow them anywhere.

** Left brain is when the horse is calm, listening and thinking. Right brain is when the horse is acting fearful, overexcited and out of self-preservation.



Linda prepares Allure at the Love • Language • Leadership Tour in North Fort Myers, Florida

Then why would you get on a horse you know isn't listening to you, is scared, has bad steering, bad brakes and is going to explode?

Listen to your instincts and ignore what anyone else tells you. You know when it's not safe. If you know how to put the Seven Games into action, you've got a solution right away.

5. GET OFF — NOW.

As things get bad, we've all thought, "I think I should get off," yet ignored it only to find ourselves thrown off a short time later. Once starting Pat Parelli's program I quickly learned to listen to my instincts and to ignore all that other stupid advice about toughing it out, not being a weenie, or letting the horse "win." Get off so you can both live through the experience. This is what winning really is. And by the way, get off the moment you think about it because to delay may cost you dearly. Trust your survival instincts; they're right. And, you can always get on again once it's safe to do so.

6. RE-SET YOUR HORSE'S EMOTIONAL STATE.

The Seven Games hold the key to re-setting the horse's emotions because they cause him to go from right brain to left brain. But it's not every one of the Seven Games, it's primarily Games 4 (Yo-Yo),

6 (Sideways) and 7 (Squeeze).

Basically do anything except allow your horse to go forward because horses are designed to be able to run and be right brain, some for hundreds of miles! This means that backwards and sideways maneuvers, frequent disengagement of the hindquarters, and standing still are the only options.

You also need to match the horse's energy or he won't even notice you. Then you need to add a bit more energy on your part so you can offer leadership. For a while you may look as crazy and animated as the horse! But the moment he looks at you, stops or softens, you have to do the same. The idea is that your horse will start to realize the only way to keep you quiet is to be quiet first!

This means you'll ask the horse to go backwards or sideways, fast — faster than he would do especially in this emotional state. It's the only way you're going to get his attention. You have to be "bigger" than whatever is going on in his head. What doesn't work is trying to make him calm down by getting all soft and soothing or petting him.

Use Games 4, 6 and 7 to reset your horse's emotions, and once he's maintaining left brain again, you can get back on.

7. TASK YOUR HORSE.

If both you and your horse have a specific task to focus on it will help a lot. For example, you might set your sights on sending him sideways all the way to that tree 200 yards from here, and back. You might do "falling leaf" all the way (see Level 2 lessons). And you might ask him to put his feet on that log, on that pile of poop, straddle a log or stand inside an imaginary box that you have defined with invisible lines on the ground.

- Do it long enough to make sure he's really found that left brain mode and is staying there. How you'll know he's left brain is when it took Phase* 4 and then-some to even be noticed, it now takes only Phase 1 to get his attention and be able to direct him to do things.
- Don't get on until your horse has been left brain for at least five minutes and even better, for 20 minutes. And if your horse is left brain but you don't feel like getting on, don't. Make a decision now to listen to yourself; it'll keep you safe.

In my show segment with Allure during the Love, Language and Leadership Tour, I absolutely demonstrate all these principles. After all, I want to live! I'm having way too much fun living my dream with horses... 🐾

* "Phases" is how we get progressively firmer with horses when necessary. The aim is that everything you do with your horse can be accomplished with just Phase 1 or 2.

Dear Pat and Linda,

I want to do something special for my daughter, Karli's, 13th birthday. I came across the idea of doing a birthday book with "words of wisdom" from special people in her life. I think she would really be touched by an entry from you!

She loves equines (especially our mules) and dreams of someday having an equine-related career. Karli was fortunate to be in the audience at a seminar you gave in Harrisburg, Pennsylvania last spring and she thoroughly enjoyed your program! I plan to put together everything sent to me in an album or scrapbook for her to keep.

Please take your time in deciding some special thoughts that you'd like to share with Karli. Some ideas to consider:

- 1) The most important thing(s) you've ever learned.

P&L: Keep it simple. Think before you act, this means read the situation first.

- 2) The 3 most important qualities a woman should have.

P&L: Self respect. Self confidence. No limiting thoughts.

- 3) Something you wished that someone had told you when you were 13.

P&L: It's just a phase you're going through! and...

You think everyone is thinking something bad about you... no one is really thinking about you, they're just your own thoughts. Rethink what you think of yourself.

- 4) What you wish for her.

P&L: To be what you can be, what you want to be... not what someone else wants/thinks you should be. To accept responsibility for everything that happens to you... after all, you're the only common denominator in every situation! To know that you can change your reality by the way you think.

- 5) A favorite quote, poem, prayer or song...

P&L: Watch your thoughts because they become your actions. Watch your actions because they become your attitude. Watch your attitude because it becomes your character. You and I are one of life's characters so, watch your thoughts.

- 6) A top-ten list of the things you love in life.

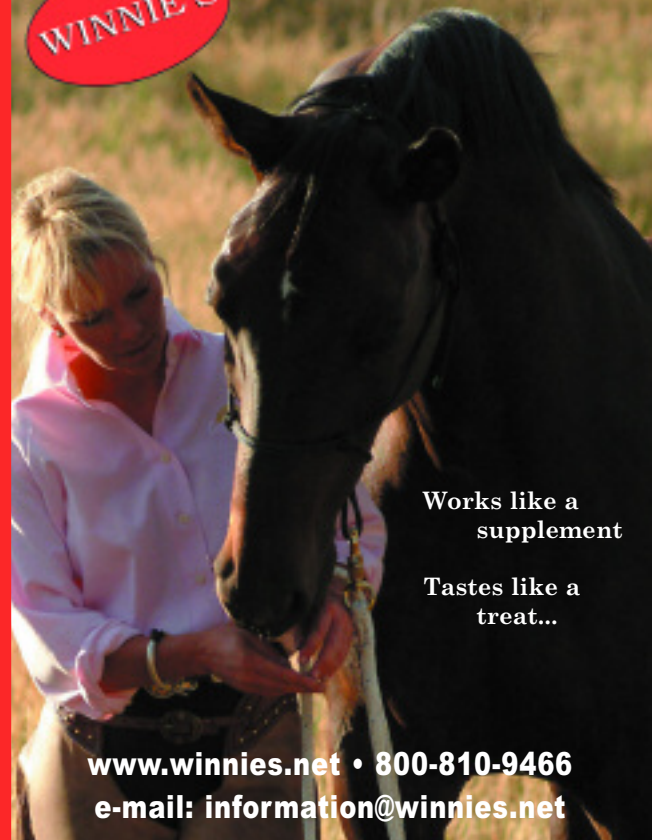
- P&L: 1. People
2. Horses
3. Creativity
4. Self awareness
5. Learning
6. Mentors
7. Progress
8. Fun
9. Growth
10. Being alive!

THANK YOU for promoting all things equine!

Thank you Becky, this was fun to do! — Pat and Linda

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Linda and Pat Parelli



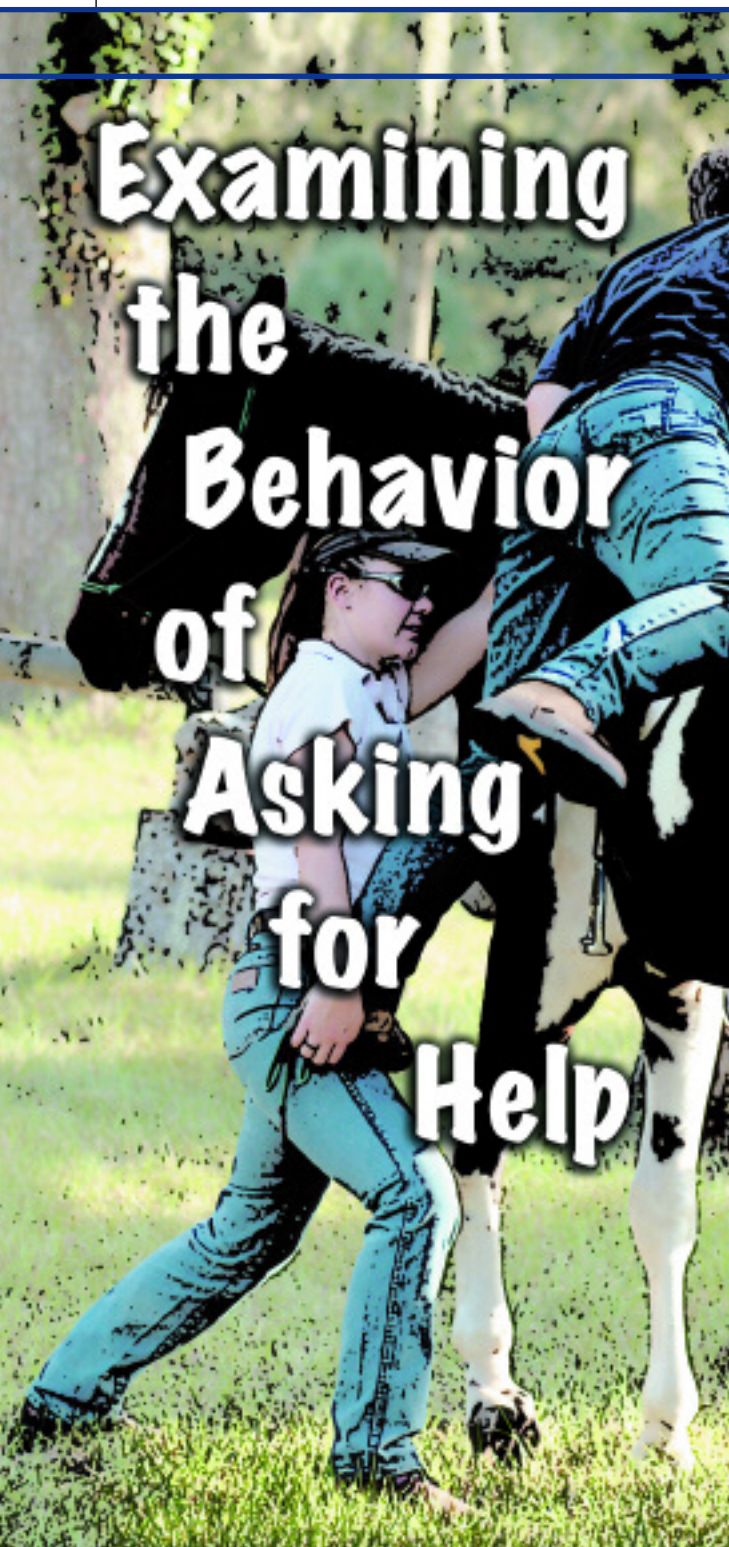
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Over the past few years I have spent many hours with Parelli Instructors and with the staff at the Parelli Savvy Centers. One recurring question on the minds of instructors and staff is: "Why do Parelli students, who need help, not ask questions and use all of the resources the Parelli organization makes available?"

When I first heard this question I asked in return, "Do Parelli students KNOW about the resources available to them, and

further, do they know they have permission to contact instructors and staff to find the resource that might solve a problem?"

It is quite conceivable that some students, especially those new to the organization, are not aware of what is available. To fill in that gap, should it truly be the cause of a problem, I listed the student resources you can tap into at the end of this article. You also might not be aware just how much the Parelli organization WANTS you to use these resources. SO...

I have it on the highest authority that Parelli instructors and staff WANT you to make contact when you need help with ANYTHING having to do with Parelli Natural Horse•Man•Ship and your studies.

The second question I asked was, "If a student DOES know that the organization WANTS them to seek help when they need it and KNOWS there are numerous resources available, what might prevent them from doing so?"

To answer this question we have to look into the behavior of adults when they become students and especially students who need help.

Early in my career I held the faulty assumption that adult students would be proactive if they ran into some sort of learning barrier. They would ask questions, review materials, study with other students, whatever. When students didn't seek help I saw that as my EVIDENCE that they didn't need help!

But as I began to do research into adult learning I uncovered an interesting fact: Instructors and education organizations

RARELY have any idea what is going on with their students. Students are not known for telling the truth to instructors! And, they are not to be blamed for this lack of disclosure.

This stems all the way back to school days. For most of us, in most school situations, it was safer emotionally to act as if everything was okay than to expose ourselves to possible ridicule by making it known that we were having trouble. Some students' experiences have taught them that asking questions is a BAD IDEA – they have been embarrassed or teased. Some students have learned that making contact with an organization for help is a bad idea too – their problem has been ignored or trivialized.

The Parelli instructors and organization WANT you to THINK DIFFERENTLY when you need help with your horsemanship studies.

Let's rethink this behavior and see if a re-evaluation of some ideas doesn't help you feel if not comfortable, then at least willing to make contact the next time you need help.

IT NEVER OCCURRED TO ME TO ASK...

The first thing to note is that many adults never THINK to ask for help when they are stuck. It doesn't occur to them to do this because they've not practiced this behavior frequently enough to cause it to be a mental habit. Some adults cannot recall the last time they asked someone for help but they can tell you clearly about the things they are stuck on.

BAD IDEAS!

The second reason adults don't seek support is because they might have had one or more bad experiences with this behavior when they were children. This has left a bad feeling associated with seeking support and unless the student re-evaluates this as an adult the behavior of NOT making contact for support will persist.

Let's look at a few of the big bad ideas now because instructors and educational organizations like Parelli want to help you get where you are going. They want to teach and facilitate your learning process. I have counselled several Parelli instructors

who have been shaken to learn that a student was floundering and didn't feel they could ask for help. Instructors blame themselves when this happens.

BAD IDEA #1

"MY QUESTION IS NOT THAT IMPORTANT" OR "I'M NOT THAT IMPORTANT."

Some students don't want to be a burden!! They don't want to take up the time and attention of the instructor or staff with their perceived "trivial problem." Some students perceive that every other thing the instructor is doing is more important than they are.

Well, our message to you is BRING ON THE BURDEN!

Instructors will always be busy! They are busy with whatever is put in front of them. To read this as, "too busy for me or for my question" is a mistake. They are there for you to put your problem in front of. Their frustration comes when they learn LATER that you didn't think it was important enough to ask for help. It makes some of them growl and others weep!

BAD IDEA #2 "I'M THINKING I SHOULD KNOW THIS ALREADY."

The problem here is the word "should."

How SHOULD you know? If you don't know, you don't know. There is no "should" about it.

The Parelli organization and its instructors KNOW that learning is an ever-evolving changing amorphous blob of a process. I cannot imagine you will ever hear an instructor say, "You should know that already!!" Understand that this is something you are making up in your own mind. It is not part of the thinking of any instructor or Parelli staff member.

BAD IDEA #3 "I'M AFRAID I'LL GET THE CURLY LIP TREATMENT."

When a teacher "tisks" or smacks their lips or rolls their eyes when a student asked for help it is REALLY bad! Shame on the teacher who does that! It can rightfully make you feel terrible and unwilling to ask for help in the future.

It's a fact that not all teachers are created equal. Some teachers are very limited in what they can do. They are only successful with a few students who respond to their

particular teaching style. The rest of the students are collateral damage and probably end up being a member of the group who are now hesitant to ask for help again.

Parelli is committed to the development of its instructors. The organization and the individual instructors invest a great deal in the profession of teaching.

How about a deal?

Until a Parelli instructor or staff member does this to you, trust that this is not how they operate. This is a group of highly dedicated teaching professionals there to help when it's help you need.

BAD IDEA #4 "I DON'T WANT TO DRAW ATTENTION TO MYSELF."

This is kind of a "too bad, so sad" situation and one you'll need to "get over" any way you can. If you are going to be a successful learner you will need to learn to SEEK ATTENTION, not shy away from it.

Learning is just one of those life activities where you benefit from being noticed. I have caught many students practicing off in a corner or out of sight. The problem with this is that they are NOT the best source of feedback or correction. They just keep repeating the same poor practice over and over again.

As a learner you WANT to be SEEN by the instructors and staff. You want to be VISIBLE to the people who, by watching what you do, can offer help quickly.

BAD IDEA #5

"I DON'T WANT MY TEACHER TO THINK THEY FAILED TO TEACH ME."

Don't worry! Instructors don't think like this!

Instructors don't take your need for help as an indicator that they have done a bad job. They take your not asking for help as a sign they have done a bad job!

Instructors know the complexities of learning and they know you are doing the best of what you know how to do as a learner. They are aware that you might need to see something several times or in different ways. They know that some things don't sink in until the 10th time you've seen in it. In the Parelli organization EVERY instructor is AT THE SAME TIME a student.

IN CLOSING...

Learning is NOT a solitary, isolated exercise. When Linda designed a method for teaching Pat's program via the Savvy System, she was well aware of this and for that reason you will find many support services available to help you along the way.

In addition to the program, help is available in other forms. Some are personal "hands on" while others cater to the distance learner. 🐾



Dr. Stephanie Burns

WHERE TO GO FOR HELP

• THE PARELLI WEBSITE

www.parelli.com provides a wealth of information including:

1. Hands on learning:

- **PARELLI INTERNATIONAL SAVVY CENTERS**
Colorado & Florida offer the ultimate Parelli learning experience.
- **PARELLI INSTRUCTORS' CLINICS**
Find one near you. Instructors are available for private lessons as well.

2. Distance/written/reading learning:

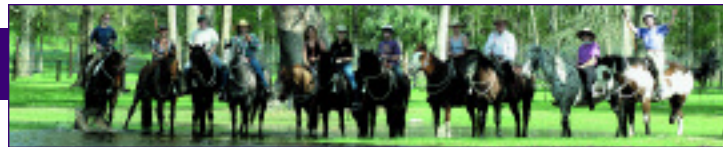
- **THE PARELLI PROGRAM "SAVVY SYSTEM"**
Your home-study program for all levels of horsemanship
- **ARTICLES WRITTEN BY PAT & LINDA**
These are highly motivational and educational.
- **GREAT LIES WE LIVE BY**
by Dr. Stephanie Burns A book which offers strategies for learning is now available through Parelli.
- **SAVVY CLUB VIRTUAL INSTRUCTOR**
Over 800 questions answered personally by Linda.
- **DVD LIBRARY**
Currently available: Water Crossing, Trailer Loading, Clipping and more!

3. Inspiration, entertainment and education:

- **LOVE • LANGUAGE • LEADERSHIP TOUR**
Pat & Linda perform with problem horses and coaching sessions. Check for dates and locations near you.

• OTHER WEBSITES

www.stephanieburns.com On-Line Internet Support from Stephanie, articles available on learning, motivation and achievement
parellinet.com known as DB's cabin, created by Stephanie specifically for Parelli students.



Courses with Pat Parelli

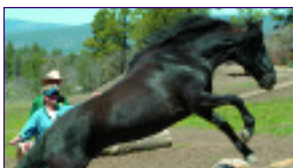
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Reining

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Jul 17-22, '05

Jul 31-Aug 5, '05

Sep 18-23, '05

Advanced Level 1

Jun 26-Jul 1, '05 • Jul 24-29, '05

Aug 21-26, '05

Level 1/2

Jul 3-8 • Aug 28-Sep 8, '05*

Level 2 Harmony

Jun 19-24, '05 • Jul 31-Aug 5, '05

Aug 28-Sep 8, '05*

Riding with Fluidity

May 22-27, '05 • Sep 18-23, '05

Advanced Level 2

May 29-Jun 3 • Jun 26-Jul 1

Aug 7-12

Level 2/3

Jul 3-8 • Aug 14-19, '05

Level 3 Refinement

Aug 21-26, '05



Courses with Linda Parelli

Level 3 Refinement

Jan 23-Feb 1, '05

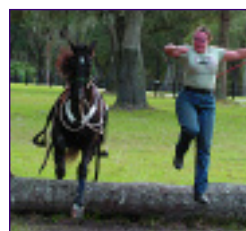
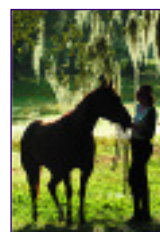
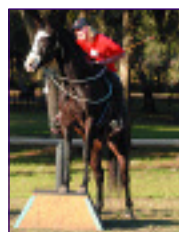
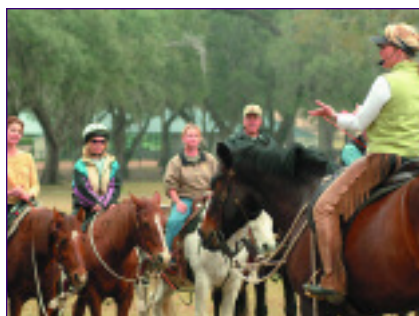
Courses with Parellis

& O'Connors

(dates to be confirmed)

Courses with

Parelli Instructors



Eventing

Mar 13-22, '05

Level 1 Partnership

Oct 10-15, '04

Nov 28-Dec 3, '04

Feb 6-11, '05 • Apr 3-8, '05

Oct 16-21, '05 • Dec 4-9, '05

Advanced Level 1

Oct 17-22, '04 • Dec 5-10, '04

Feb 13-18, '05 • Apr 10-15, '05

Oct 23-28, '05 • Dec 11-16, '05

Level 1/2

Oct 24-29, '04 • Feb 20-25, '05

Apr 17-22, '05

Oct 30-Nov 4, '05

Level 2 Harmony

Oct 31-Nov 5, '04

Feb 27-Mar 4, '05 • Apr 3-8, '05

Apr 24-29, '05 • Nov 6-11, '05

Riding with Fluidity

Nov 21-26, '04

Advanced Level 2

Nov 7-12, '04 • Mar 6-18, '05

Apr 10-15, '05 • Nov 13-18, '05

Level 2/3

Nov 14-19, '04 • Apr 17-22, '05

Nov 20-25, '05

Level 3 Refinement

Dec 12-17, '04

Mar 27-Apr 1, '05

Apr 24-29, '05

Nov 27-Dec 2, '05

Parelli in the Middle East

by Noelle Alyagout

My name is Noelle and my Australian pony's name is Ginelli. We live in the Arabian Gulf — in Kuwait to be exact — the land of lovely Arabians and flat desert landscapes!

At age 40, I finally found the right circumstances to begin proper riding lessons and being involved with horses 100%. You see, I was born with that great love and fascination for horses and my dream to own one and "ride away in the wind," as in my recurring dreams, had not left me in all those years.

However, I quickly became disillusioned, and noticed how much my mare was too! She kept telling me, "No, this is not right; I won't accept this kind of horsemanship!" She was very sensitive, impulsive and stubborn. She even bolted and reared with her previous owner. So I dropped out of the "regular" scene and we fended for ourselves for about a year. I was intuitively using some natural methods but all in all, felt frustrated with my lack of skills.

Then, in the summer of 2000, I was fortunate enough to discover the Parelli program through the internet. When I read Pat's mes-

sage and his promise of success, I became very inspired and thought, "If this guy is telling the truth, then he's got the answer to my search for a real relationship with my horse!"

While on vacation in Switzerland (I'm Swiss), I took a two-day introductory course on the Seven Games, without my horse. Eight people and five horses participated in the course. The first day was kind of hectic, with horses and humans learning the basics of real communication. The next day was amazing proof of Pat's truly effective method: The horses were now responding properly and politely because we were applying what we had learned.

I went back to Kuwait with my Level 1 program, a rope halter, a 12-foot lead and a Carrot Stick and got to work... I mean play! And so we began our fascinating journey into natural horsemanship, sometimes getting great results, sometimes great setbacks. However, I never gave up my faith in Pat's way of handling horses. I knew I needed to persevere.

A few months later, we made it!

The following summer vacation, I presented my Swiss Parelli Instructor with a video of our

Level 1 skills and got permission to proceed to Level 2.

Level 2 opened up a whole new dimension and brought true harmony between my mare and me. It became much more fun because the basics had already been learned. Here was a horse that had literally needed WEEKS to agree to lateral flexion, and I was now riding her confidently in a rope halter on the trail. And what fun to ride the natural way, challenging yourself to more trust and good communication instead of pushing and pulling!

Here I am, with a completely transformed horse! Also, the neat thing is that I can see myself transforming too. The goodness of the program is spilling over in other areas of my life as well. We're growing together!

If anything, my mare and I are living proof that given true knowledge, proper tools and techniques, through a program that has been thoughtfully put together, one can make great achievements, even when isolated as we are here in Kuwait.

I'm now using my mare for handicapped riding. I had always thought about doing this with her because she's just the right kind of horse. I contacted a school when I realized my mare was ready. They were so grateful for my offer because there isn't any

riding for the handicapped available in Kuwait yet. My lovely "Parelli" horse is the first. She's taking the job seriously; I'm so proud of her — she uses her "left brain" consistently when it comes to these kids. The smile on their faces is the greatest reward!

I also want to mention the very helpful Parelli internet study group members who have often gone through great lengths to help me and my mare through our rougher moments. To you all I say, "Thanks so much!"

People here are very interested in what I'm doing, but natural horsemanship hasn't quite taken off yet. I still don't have anyone to play with, other than my own mare. However, we have loads of PHUN anyway and are moving on our journey, trying to reach as high a level as we can. For us the sky's the limit, God willing!

Because I may never meet Pat and Linda in person, I would like to express my gratitude right here:

THANK YOU BOTH from the bottom of my heart, for making it possible to train my horse in this loving, natural way, and also for making sure your promise of success, true partnership and harmony is backed up with the best possible teaching plan. The excellence of your program is changing not only horses' lives, but human lives as well. God bless you both! 🐾

PROGRESS FOR THE HANDICAPPED RIDING PROGRAM

Since September the school I'm helping with their handicapped riding program has shown an interest in Parelli. They have invited me to speak about it in a presentation to the parents of these kids.

The director of the Kuwait University Department for the Mentally Retarded and Mentally Handicapped came to watch how the riding is going for the kids. I told her a little about Pat Parelli's extraordinary program and she found it very interesting. She told me she thought it was a great thing to be able to use a horse in this way and encouraged me to continue.

The school has been approached by an influential lady (a sister of the Amir) who wants to help. She asked if I would be able to expand this small operation!

My dream would be to put together a Parelli stable of horses and humans to offer a real educational and fun experience for the handicapped. Some of the kids have very good natural seats and I can play several games with my mare while they ride — they really get a kick out of that!

I'm thrilled about the response I'm getting, but I'm also aware that I'm being asked to speak about Parelli in a public way. I hope to do this incredible program justice!



Photos by Claudia Farbas Al-Rashoud



For those of you new to Parelli: Tournaments are a fun way to put your savvy to the test in a friendly competition. November 2003 saw the first National Parelli Games in Melbourne, Australia. (See the April 2004 issue of Savvy Times for a full report.) The competition was exclusive to UK and Australian Savvy Club members.

Soon the U.S. will test your knowledge of the Seven Games in all Four Savvys. The goal is to have a U.S. competition where the winners would go on to compete internationally!

We've featured just a few of the tasks in each issue of Savvy Times. Visit www.parellisavvyclub.com for the complete Tournament booklet. The following are a few suggestions for setting up your own Tournament. So it's time to get some friends together, set up a few tasks and enjoy an afternoon of savvy fun!

TOURNAMENT RUNNING

LOCATION

- Start and finish box for each savvy section.
- All tasks for the section as close as possible.
- Choose 4 tasks for each section. Total of 4 minutes for each section.

EQUIPMENT

- Measuring Wheel or Tape (feet)
- Lime or Chalk
- 12', 22', or 45' Line for measuring
- 50' Round Pen (electric fence posts & tape)
- Tarp (approx. 10' x 10')
- Barrels
- Cones
- Cavalettis (not more than 2ft or less than 1ft)
- Ostrich Plumes or Palm Fronds (used instead of Carrot Sticks during Freestyle)
- Cable ties (used during Finesse & On-Line, 4" catamount multi-purpose tie 18lbs. breakaway) or equivalent



Cable Tie

- Hula Hoops
- Small Tent Pegs (to pin Hula Hoops down)

TIME TO RUN A TOURNAMENT

e.g. 16 people, 4 groups of 4 time to complete the whole tournament would be 82 min. or approximately 1.5 hrs.

STUDENTS/GROUPS

- 4 groups of 2-4 students depending on numbers, stay in



"group" when on the course

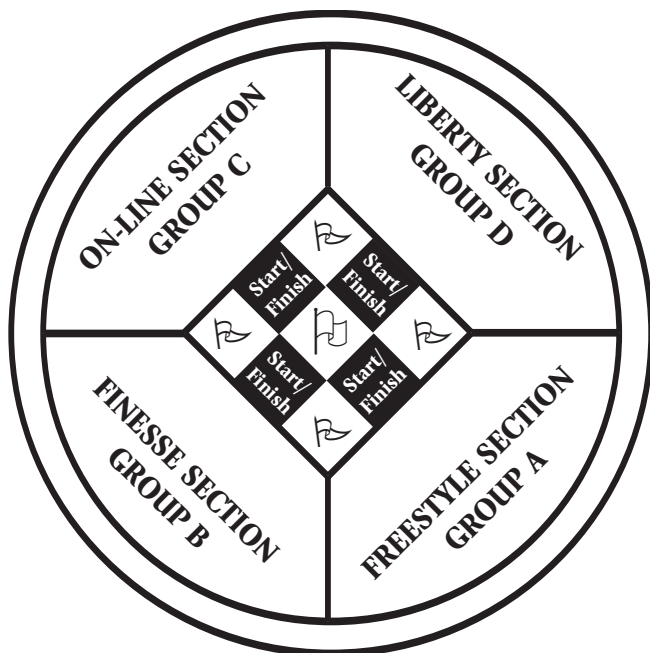
- 2 min. minimum change for groups to move to new section
- Entrants given a map of the course, officials demonstrate the course, entrants then given time to walk the course and work out strategies

TIMERS/STEWARDS (TOTAL 5 TIMERS/STEWARDS)

- one overall timer for the entire course: calls start, counts down minutes and seconds, waits 1 min. before starting next person from "group"
- 2 stewards per section responsible for scoring and timing (monitors and records time)

EQUIPMENT FOR STEWARDS & SCORERS

- Stop Watch for Each Steward (5 total)
- Clipboards & Pens
- Score Sheet (for each individual competitor which they will carry around the course with them)



Start/Finish Box is 12' x12'



Overall Timer



Stewards/Timers

SAMPLE SET-UP

- Set-up can be adjusted to the shape of the area available
- Only the Liberty section has to be enclosed
- Choose 4 tasks for each section
- 4 groups: A, B, C & D all start at the same time in each section and then rotate around the course

SCORING

- There are individual and group categories
- Scoring is determined by points awarded
- Prizes are awarded within a certain scoring range



Junior Savvy Answers: Calf: born with their eyes open & can walk hours after they're born; Puppy: born with their eyes closed & can't walk hours after they're born; b.; a.; predator; prey; 3.; 1.; 4.; 2.; horse to field; puppies to cave; F.; T

I was fortunate enough to receive a call saying my application was approved and I was chosen for a coaching session with Linda Parelli in Oklahoma City. A dream come true! I am in desperate need of help with my riding. I was hurt at the age of 12, my first time on a horse at a one-hour rental horse trail ride. A dinner bell was rung for the pasture horses to come in, and mine just happened to be one of those horses. He went back at a full run, my foot slipped through the stirrup and I was dragged 1/4 mile, unconscious, with only my head and shoulders on the ground. Needless to say, I am scared of speed and being out of control.

I've had maybe 10 to 15 riding lessons over as many years with "riding instructors" on lesson horses. Put your leg here, the other here, arch your back, lean forward, tight reins, put one hip forward, and off the horse went, with me still not in control and my body entirely off balance. I never did canter as I barely hung on at a trot. And all the instructors were the same. And nothing I did, no matter how hard I tried, was ever good enough.

Then I saw Linda on her Fluidity DVD. I also watched her at a tour. I saw nothing but pure synchronicity and my faith in what might be was restored.

I was not a bit nervous in Oklahoma as I knew no one could help me more than Linda. I knew I would get rid of my fear and canter. We started out making sure my horse would relax during the applause. I learned how to correct him when he got nervous, something he had never done before. She taught me to have him lower his head during the applause, which stopped the moment he did. So my horse and I learned confidence in new situations and only five minutes had passed!

Next, she asked me if I felt confident enough to get on. Wow! No one ever asked me that before – no one cared. It was always "you're going to do this or that." After I mounted she had me check to see how the emergency stop was working and then to walk a bit, like checking the gauges and tires before leaving in your car. More confidence for me. She also asked the crowd to only applaud while I was on the ground, not riding. How great was that?! No worries now.

Since the "preflight" checked out, I was off to show her my trotting ability. Well, that is not

much to look at but compared to what it used to be, I was proud of my ability to use my eyes, belly button, rein, to turn and focus on where I was going. (I always had stared at my horse's ears, and like Pat says, "They aren't going to change color" — and they never did!)

Linda told me I was somewhat stiff and not quite in balance, as I would tip forward when Carrot would stop. But, she could show me how to fix it! Yea! She asked that I hold the reins with both hands and she would pull on them. She is very strong and as she pulled, I thought, "Well, I won't let her move me." Wrong. Out I came from the saddle and fell forward onto Carrot's neck. She explained that's how a horse can overpower you with his strength. We then tried it with my arms down at my sides, elbows bent, holding the reins. She pulled. I stayed still. Ah, ha! That's amazing.

Then we did the same thing while I gripped with my knees. No good. I came out of the saddle again. Okay then, let's see – arms to my sides, elbows bent, no gripping! I love no gripping. Now I am extremely comfortable and unmovable. Safety! That's one of my favorite things.

Wait! There's more. Now we have to "squelch," so I can be in sync with Carrot at the posting trot and not plop in the saddle, hurting his back. Linda said to rise at the trot is normal but as I lower back down, push on the pommel and round my lower back. So it's up, push and round; up, push and round. *(From Linda: The horse will push you up and out of the saddle, but when you come back down, push your seat away from your hand [which is on your pommel, saddle horn or the horse's withers] so your lower back rounds as your seat contacts the saddle. Most people are afraid to put any weight in their seat but it's actually important. Provided your back rounds as you do it, it will feel soft and absorbing to our horse and encourage him to flex his back just like yours.)* I tried it around and around the arena. This is too fantastic. I'm comfortable, I'm flexible and my back doesn't hurt. I'm not plopping down into the saddle and I'm not hurting Carrot's back. Hooray!

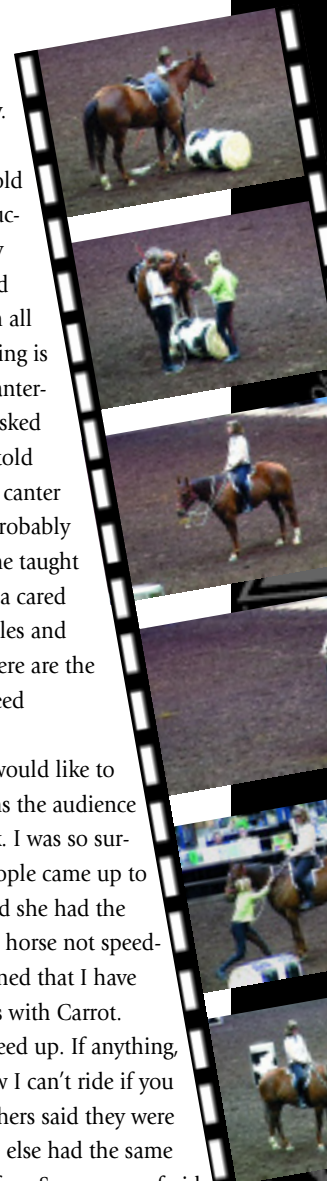
Now Linda attaches a 22' line to Carrot and tells me I'm in control and she's just watching. Confidence, thank you. But I must trot and then speed up the trot. Well, this is where I had trouble. For so long, I have mastered the art of going slow. My mind said, "Yeah, let's go faster,

I can do it." But my body was still saying, "Are you nuts? I don't think so." Therefore, Carrot did exactly as my body asked and we maintained our regular speed. So until my body is in sync with my thought, he will listen to my body.

Linda said we would leave it at that for now and for a moment I was disappointed in myself. I thought I had failed. But then, just as quickly, I remembered what I had been learning with Parelli. It was not about getting me to canter. Linda Parelli, the genius she is, had just given me the greatest gifts of all. She gave me confidence and set me up to succeed. As I practice what was taught to me today, I will be in harmony, I will be fluid and I will canter when it has all come together, naturally. Not forced.

I have always been told I have to just do it to succeed and to get over my fear, and today I learned that is wrong. Wrong in all the ways traditional riding is taught. It's not about cantering. Linda could have asked me to canter or worse, told Carrot to speed up to a canter and the crowd would probably have thought, "Wow, she taught her to canter." But Linda cared more about her principles and said, "Safety first and here are the tools you need to proceed and succeed."

Linda asked me if I would like to sit and answer questions the audience might have at the break. I was so surprised at how many people came up to me. The first person said she had the same problem with her horse not speeding up. I quickly explained that I have absolutely no problems with Carrot. I did not ask him to speed up. If anything, I was saying, "You know I can't ride if you go any faster." Many others said they were thrilled to see someone else had the same problem as they did – fear. Some were afraid to admit it before now. And I thought I was the only one. Another asked how it felt to



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Linda Parelli

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July 31-August 1

**Reno Livestock
Events Center**

**Tucson,
ARIZONA**

August 28-29

Expo New Mexico

**Jacksonville,
FLORIDA**

October 16-17

**Jacksonville
Equestrian Center**

**Springfield,
MISSOURI**

October 23-24

Ozark Empire Fair Arena

**Murfreesboro,
TENNESSEE**

October 30-31

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additional dates and locations

FREE Admission for Savvy Club Members! Just show your passport at the door.

my body when I "squelched" and didn't grip with my knees. She was thrilled to try so she won't have a sore back and aching thighs. They all said they noticed a huge change.

Many asked how long I had been following the Parelli program. When I said 10 months, they were amazed at the things that can be accomplished in such a short time. Then they said, "But you work at it a lot every day, right?" I just had to laugh because if I could put that much time into it, I would be much further along. No, the reality is that I have four children, so I have 15 minutes here, 30 minutes there and if I'm lucky, can squeeze in a trail ride when my husband is not working. My horse means the world to me and I would love to be able to spend hours with him.

But you don't have to put any more time in than you actually have and you can still be so successful. The last person I spoke to thought I had at least been good with horses on the ground in the past. Nope. My only horse before Carrot was basically a pet, as I was too afraid to do much more than groom him and ride from here to there, slowly. As a matter of fact, when I got Carrot, the first few

times I started to work with the Parelli tools my husband jokingly said, "If you're not careful, you'll wind up in the Savvy newsletter as the first person ever killed by a Carrot Stick!!" I had the lead rope wrapped around my legs, the Savvy String around my neck and I hit myself in the head quite hard with the stick. It was not a good sight. But you know, I just practiced with the tools (without my horse at first) and it was not long before I was handling them quite well.

Some people might think there is some kind of a trick to all this and they will try to figure it out. There is no trick. There is only success. I can guarantee every person wants to have a horse for fun. All the other things people do these days — hurt horses, mess up riders and take all the fun out of it — is nonsense. I want safety, I want fun and I want a horse that can do anything I choose to do in the future. I've found that with Linda and Pat. And I am forever grateful that they had the courage to stand up for the horse.

What Linda taught me that day, works. People said they saw a huge change. In 15 years, I've never had a change at all much less a huge change. Wouldn't everyone love to be able to make that kind of a difference? I know the answer is "yes!" 🐾

Parelli Logo Kleenex

by Pam Corn



Photo by Coco

I have cried a lot of tears in my short horse career. But recently the tears are of joy and relief — not pain and worry — thanks to a man named Pat Parelli and his wonderful entourage. This is a story of my daughter and her horse Storm.

Alexa fell in love with horses at the tender age of three. We started giving her riding lessons at age eight, the age when she started begging for her own horse. Knowing the huge responsibility of owning a horse, we continued to put her off. But by the time she was 12 we realized that it was something she was serious about and started to consider the thought of letting her have a horse. We wanted to know she was ready to handle the responsibility, so we told her if she saved \$1000 we would contribute the rest of the amount and buy her a horse.

Alexa washed cars, babysat, cut neighbors' grass and anything else she could think of to earn money. She saved \$1000 in nine months! We started searching and within one month found the perfect horse, a sweet mare named "Sky's The Limit." Alexa was in heaven! She rode and trained Sky almost everyday and even showed her a couple of times.

After having Sky for only three short months we got to the barn one hot afternoon as a summer storm was approaching. Sky seemed to be enjoying the cool bath, so Alexa went into the house to let the storm pass. Twenty minutes later, she went to the pasture to put Sky in the barn. To Alexa's horror, she found Sky standing in a pool of blood, in shock, with her lower leg dangling by a piece of skin. She had been struck by lightning.

Of course Sky had to be put down. It was so devastating for Alexa; she would not talk, eat, or sleep and could not even swallow water because of the huge lump in her throat.

We knew we had to do something to divert Alexa's attention, so we decided to look for a new horse. We searched high and low, but came up with nothing that turned her head. We had heard of this wonderful trainer not too far away and decided to call him to see if

he had anything. He had three horses that he thought we might be interested in. We went to see the horses, and the first two were too small for Alexa. She started tearing up until he brought the third one out. It was a four-year-old beautiful black gelding show horse.

Alexa immediately sat up straight and asked his name. What came next gave us all goose bumps. His name was "Storm Warning!" We knew that it was meant to be, but wanted to make sure it was a good match. She rode him for two weeks and we surprised her with him at a big barn party. I'll never forget the look on her face and the happy tears she shed that day.

Alexa began working with Storm, taking lessons on him, and then decided to start showing. She loved him, but I could tell she was a little scared of getting too attached. For the next three or four months she was very successful in the several A-rated shows she took him to.

Then Storm started being a little resistant and started stopping and refusing to go forward. Alexa started working on her equitation and that seemed to help for a while, but Storm continued to be stubborn and lazy. Alexa got heavy with her feet and hands and even tried spurs (big mistake!). That worked for a little while and then one day Storm decided he had had enough and anytime he didn't want to work, lunge or be ridden, he would rear. Watching your daughter thrown off a rearing horse is not a pleasant thing.

We sent Storm back to the trainer for training. Alexa would go up once a week to ride (always after the trainer rode Storm and made sure he was safe). He was doing so well she decided to show him again. His demeanor was such that he would either win the class, or be excused for stopping in the middle of the ring and refusing to go forward. He even reared once in a show.

My heart was in my feet every time she got on him; I could not even watch her classes. Alexa was getting very frustrated and had no trust in Storm. And Storm didn't trust her. So it was an accident waiting to happen. We loved this horse but decided it may be best to sell him. But to who? We had a lot of money invested in him and our

daughter's heart was at stake. We couldn't sell him to another child and feared if we sold him to a trainer he would be handled roughly. He had been in the hands of a rough trainer at age three and we were concerned this was where the behavior was coming from.

I knew I had to do something fast. I felt this horse had potential and I just wasn't sure it was time to give up. I knew Alexa wanted to give her heart to him and make it work, but she just didn't know how to start.

I had been to a Parelli seminar the year before and was amazed. I e-mailed the Parelli office and told them our story and hoped for some advice. This is the amazing part! Pat and Linda Parelli were going to present a two-day seminar only two hours away in two weeks. I was told that I could nominate Storm to be used as a demo horse. I overnighted a video tape to Dina Siegwald who was in charge of picking the horses and found out a couple days later that Storm was picked! You cannot believe how relieved I was. Alexa was so excited and I got some sleep — finally!

We picked Storm up at the trainer's facility and drove him to Winston-Salem, North Carolina, hoping for the best, but still doubtful that this could be the answer to our problems. Little did we know how much this weekend would change our lives. We took a young stubborn horse who everyone had given up on, and a stubborn young lady who was frustrated and scared. We brought home a willing horse and child. It has truly been amazing to everyone to see the difference this program has made with both of them.

We arrived in Winston-Salem on Friday afternoon with a lot of support. We brought a number of friends who had been wonderful through all the heartaches. We were so excited! We got Storm settled and met everyone. Saturday morning Alexa took Storm into the arena in front of 3000 people and introduced herself and Storm. She was so nervous! Storm was being his usual bad-mannered self, so it was hard for her to talk and try to keep him from running all over her. She made it through with no help from him.

Next came the part of the performance when the audience decides which of the horses brought from the outside that Pat will work (oops! play) with. We were so hoping to have Pat work with Storm. Again the odds were in our favor — the audience picked Storm! What a wonderful sight it was! Within two hours Storm was transformed. Alexa was transformed as well. She had learned a

whole new way of dealing with her horse.

The next day it was her turn. The audience was wonderful, clapping for her, and encouraging her every step of the way. When it was over, Pat went up to each owner and asked them to tell the audience what they had learned and what they saw different in their horse. When it was Alexa's turn she could not speak because she was crying along with most of the 3000 people in the arena. There had been a lot of tears that day, including happy tears prompted by Pat and his son Caton and their demonstrations. Pat made a joke, saying, "Hey marketing team! We need to have Parelli logo Kleenex!" I personally could have gone through several packs myself!

To top off the weekend, Pat and Linda gave Alexa the opportunity to go to the International Savvy Center in Florida for a week. What a dream come true! After the two days in Winston-Salem, she brought Storm home for the first time in nine months. She worked everyday with him on Level 1 tasks, rode him without someone riding him first — she couldn't believe the difference.

Alexa left for the Florida ISC three weeks later and that definitely was the turning point. There she found Savvy. She has a long way to go with Storm, but because of the Parelli program she knows she can accomplish anything and is determined to give Storm the chance he deserves. She even wants to be a Parelli instructor one day!

We now have a beautiful black gelding named Storm that comes to Alexa with his head down, wanting to be touched and played with. His manners have improved and he has a great willingness to please. He still has problems, but we are confident

that he can overcome them. We will not give up! My 15-year-old daughter has finally opened her heart to her horse. She has more confidence and a new perspective on horsemanship. No more spurs or big bits. Just Savvy! She is now Level 1 working on

Level 2, and she amazes all who watch her. She will be forever changed because of this experience.

I will forever be grateful to the Parelli team — Pat, Linda, Dina, Kate, Phillipa, Helen, Carol, Trevor and Mark. You have truly saved a horse named Storm and a child named Alexa. Thank you!

So get that Parelli logo Kleenex in the works, Pat! And put smiley faces on them, because the tears you generate are always happy tears! 🐾



Photo by Coco



Horse Illustrated Series in 2005!

The wonderful people at Horse Illustrated are very excited to have Linda and Pat Parelli featured in EVERY issue of their outstanding magazine in 2005! And Pat will be on the cover of the January issue (we'll try to coerce them into having Linda on the cover some time during the year, too). We're bouncing around topics for the article right now, so if you have any great ideas, please e-mail them to: savvyclub@parelli.com. We always appreciate your input! To subscribe to Horse Illustrated, call 800/365-4421.

Texas Horse Talk Interview with Pat is Great Hit



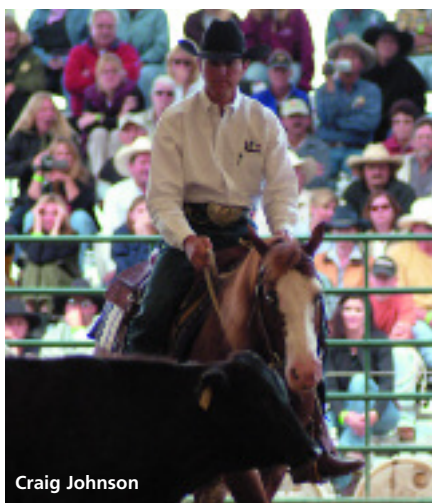
Have you seen the May issue of this magazine? Pat's on the cover riding a Selle Francais stallion bareback and bridleless, and the interview with Pat inside has him answering questions that are pretty unique. News is that Pat may have a Q&A in each issue of this magazine! To contact the magazine, e-mail the editor at stevenlong@pdq.net.

Western Horseman Feature

The August 2004 issue of Western Horseman will feature an article on Pat Parelli's solutions to the horse that spooks. For those of you who attended the 2003 Savvy Conference, you'll recognize photos of Utah, the mustang who spooked at tarps. Be sure to pick up a copy of this issue of Western Horseman!

Guess Who's Coming to the Savvy Conference!

Craig Johnson, reining champion extraordinaire, is once again coming to the annual Savvy Conference. He wowed the crowd last year with his artistic skills, and the repartee between Craig and Pat will make you laugh so hard that your cheeks will hurt.



And here's a late breaking bulletin! Karen Rohlf will be at the Savvy Conference! She is making leaps and bounds in dressage, and we can hardly wait to whip out the Kleenex for her presentation this year!

Tickets for Savvy Conference are being gobbled up, so if you don't have yours already (remember, the Savvy Club special price is only \$150!), visit www.parelli.com or call 800/642-3335 and sign up! The theme this year will be horse and human "make-overs." More details soon!

Virginia Horse Journal

Pat Parelli is on the cover of the May issue! Interesting interview with Pat inside. To find out how to get a copy, call 540/351-0278 or visit www.virginiahorse.com.

Gaited Breed Judge Passes Level 1

Pat Harris, a carded Missouri Fox Trotter judge and DQP, passed her Level 1 live assessment in March — the first Missouri Fox Trotter judge to officially pass any Parelli Level. Congratulations, Pat!

First Parelli Associate Professional!



Karen Rohlf, who disengaged herself (at least temporarily) from the competitive dressage world (she rode Grand Prix) to study with Linda and Pat, has been officially deemed the Parelli Associate Professional for Dressage! See Karen's story on page 26.

Pat Parelli Finalist for Award

The Equine Industry Vision Award, sponsored by American Horse Publications, is a very prestigious honor. Even making it as a finalist is a remarkable honor (sort of like the Oscars). And this year Pat Parelli was one of only six finalists. The award this year went to the American Quarter Horse Association (AQHA). Look for Pat's name in the limelight next year...

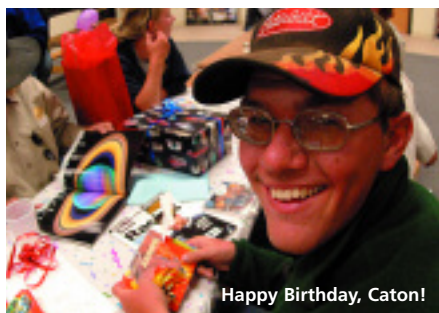
Imprinting Craig Johnson's Foal

While Pat and Linda were staying at Lyn and Craig Johnson's place between tour stops in Texas, one of the Johnson mares gave birth. Pat, who just adores teaching newborn foals, offered to play with the baby. He imprinted the foal then put in some performance preparations like hindquarter yields, front end yields (early spins!), had the baby cantering next to him, following him and even doing flying changes. The lucky foal had Pat's attention for four days in a row. Even better, visiting Parelli Professionals had a private clinic!

Hey Caton!

Happy (Significant) Birthday!

Caton Ryder Parelli turned 21 in April!



Proud dad Pat teased him by saying, "I made a deal with you when you were born: I'll pay for your first 21 years, now you have to pay for the next 21 — me included!" Stories about Caton's youth can be found in a chapter of "Chicken Soup for the Horse Lover's Soul."

Pat Turns Half a Century, and the Best is Yet to Come!

Here's what Linda had to say about that momentous 50th birthday event: "It is so hard to surprise Pat for his birthday — he's had too many surprise birthday parties! But I managed to surprise him with his parents and sister joining us on a mystery tour that took us to the Kennedy Space Center at Cape Canaveral in Orlando, Florida. Not only was it a fabulous experience, an amazing operation to learn about, but I also managed to get all of us in for dinner at one of our favorite restaurants, Emeril's. On Saint Patrick's Day that was a feat in itself."

Somehow the image of Pat in an astronaut space suit, cowboy hat jammed over the space helmet, comes to mind...

15-Year-Old Achieves Level 3!

A big round of applause for Emily Thompson, 15-year-old daughter of Dan and Gretchen Thompson, who was presented her Level 3 green Savvy String by Pat Parelli at the Love, Language, Leadership tour in Fletcher, North Carolina in March! After Emily's demonstration of her skills online and at liberty, the audience was treated to a marvelous solo ride complete with gorgeous flying lead changes across the arena. Pat then surprised Emily and Dan and Gretchen (Parelli Instructors) by recog-

nizing Emily as a Level 3 graduate as of that moment! This beautiful young girl is an inspiration to everyone and was enthusiastically received by the 2,000 people in attendance. (If you haven't watched it yet, this amazing performance is the "Inspiration" butoon on the June Savvy Club DVD.)

Star of Jumping DVD is Now Judge-in-Training!



Kris Fulwiler, who many of you know from watching her transform from fearful to confident on the "Jumping with Confidence" DVD with Linda Parelli, is making her mark in the Friesian world. In January 2003 she was invited by the President of the World Friesian Horse Association to attend a course for potential judges. Of the nine invited from the U.S., Canada and France, only four passed the test — Kris was one of them.

Three of them were assigned to the judging tour in the U.S., where their classrooms were in show rings with two official Dutch judges, listening, learning, asking questions. At the end of the tour, only two of the participants were to continue with the judging program.

These two judges-in-training, Kris included, are going to the Netherlands in August for more education. They will also be the "second" judges (along with a Dutch inspector) during the U.S. keurings this fall. Kris expects that she will be sent to Mexico, Australia, and South Africa. And oh yes, Kris is learning to speak Dutch, but says, "The only thing I can remember is how to say 'purple umbrella!'" Congratulations, Kris!

Parelli Points to Ponder

Savvy Club member Richard Robbins writes: "My instructor often quotes Pat as saying that each Level of the program requires four times the savvy as the previous Level. For fun I decided to figure out what that meant mathematically so I could make comparisons to Pat (a Level 8 graduate). I decided to assign 'savvy points' to each Level and then see how they accumulate (total) as one progresses through the program. I used a base of 1 savvy point for completing Level 1 (that implies that a pre-Level 1 student has 0 savvy points). Here's the chart:

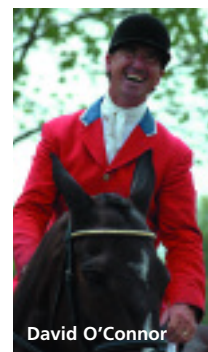
	Points	Total
L1	1	1
L2	4	5
L3	16	21
L4	64	85
L5	256	341
L6	1,024	1,365
L7	4,096	5,461
L8	16,384	21,845
L9	65,536	87,381
L10	262,144	349,525

"Sometimes it's interesting to put things in perspective. I'm still working on that elusive 5th point, after which I'll only have a few thousand to go!"

David O'Connor Update

As the Olympics loom, we are pleased to announce that David O'Connor's win in April at Foxhall CCI*** on Thoroughbred gelding Outlawed earned him the title of United States Equestrian Federation (USEF) National Championship of Eventing and the United States Equestrian Team (USET) Foundation Spring Three Star Championship Title.

In the next issue of Savvy Times, we'll report how David and Karen O'Connor did in the Olympics! 🐾



Interview with Grand Prix Dressage Competitor, Karen Rohlf

A staff member of Savvy Times asked Karen Rohlf to take a few minutes out of her hectic schedule of giving classes at the Parelli International Savvy Center in Florida (yes! she and Aimee Brimhall are giving classes there) to answer some questions. Here are her poignant answers.

What was your horse world like before discovering Parelli?

I started riding as a kid in Long Island, New York and I was pretty natural. Then I got my own horse and joined Pony Club. That horse took off with me at a fox hunt and I had to be chased down and rescued by a huntsman. The huntsman advised my mom that I should probably get some dressage lessons to learn how to control my horse! So I did!

I was very fortunate; there was a top dressage trainer close by who was also an international competitor. When I was 15, I started taking lessons with her and she took me under her wing. It was an unbelievable experience observing her as she took horse after horse from unstarted to Grand Prix level. At the same time she was teaching me how to train my horse. The only thing I didn't get that horse to do at that point was passage, but he went all the way up to FEI. This instructor taught me dressage and how to train at the same time.

The first significant competition I did was an international competition for young riders. I did that for four years. We won team silver and one year I won the individual bronze — on that same horse.

I started doing more and more teaching. I started training other people's horses. I would compete sort of hit or miss, depending upon what horses were available and which clients wanted their horses competed.

I've had horses be the top in the country for the year-end awards. (Editor's note: Karen has taken several horses to the Grand Prix level.) So my daily life before Parelli was about having 10 horses in training and about 15 students. The last few years I've done less competing because it was already starting to feel not so good. I was finding a niche and getting known for being good at training horses that had some sort of special issues. I was also good at putting people and horses together as a team; trainers will often train horses and not necessarily work with rider and horse — they want to keep the horses for themselves.

I came to Florida in January 2003 because I needed to get away and sit back. What I realized immediately was that I was not burned out with horses, I was burned out from the horse business. It was early in January that I went to the Level 3 course with Linda, and that's when I discovered why I wasn't enjoying the horse business. My relationship with horses started opening up, which reminded me of why I got into horses in the first place.

Now that you're the official Parelli Associate Professional for Dressage, how do you plan to help Parelli students with their dressage goals?

Spending the summer here at the Florida ISC teaching classes is the first step (editor's note: Karen will be there until October 1 and hopes to continue when the Florida ISC starts up again). Trying to learn to teach like a Parelli Instructor giving clinics and organizing my approach to teaching dressage similar to Pat and Linda's approach to teaching are other goals. I want to be able to talk about dressage using Parelli language.



What do you think are the misconceptions performance people have with Parelli and how do you get past them?

They're seeing beginning people fumbling with the equipment, not really understanding the system but trying the best they can. And that's the picture most people see — pre-Level 1 in the process. There isn't a lot of awareness about what the final product looks like.

When I was in my barn doing my pre-Level 1 stuff, I would say, "Don't judge Parelli by the way I'm doing it — the same way you wouldn't go to a schooling dressage show and watch the lowest level competition and decide that dressage was based on that impression." The things that have made the Parelli program so brilliant are also the downfall — you look so exaggerated and what you're doing doesn't look like anything for a long time. I don't think professionals see the link between the process and what can influence a competitive horse. People need to understand that the product of a Level 3 or higher person using Parelli looks very different than the process of a pre-Level 1 person learning it.

Dressage and many other sports have such rich histories and systems developed over many years. So when people want to learn the discipline, they want to stick with the historic system. They feel like any departure must be wrong; the discipline has been the same for so many years, how could anything outside it possibly be a good thing? It feels like they're abandoning the sport and its traditions if they try Parelli. The thing to remember is that Western people have their way of doing things, dressage people their way, other competitors their way — there has to be some common thread. That's what Pat teaches. The common thread is that we're all dealing with horses. If people could only understand that Pat is teaching how to talk to a horse!

Please talk about discovering how to get in touch with your horse's mind through Parelli.

Pat has answered that question so brilliantly so many times! For me, the way the Parelli program sets up a horse to feel confident and trusting was something that I started to see in my horses. I felt the difference between getting a horse's body to do something, which you can



*My relationship with horses
started opening up,
which reminded me
of why I got into
horses in the
first place.*

do if you're an effective rider, and having a horse move their body because they understood what you said. The horse says "yes" not out of fear, but because he understood and wants to try. Once I had that kind of awareness about the difference, the feeling is so amazing that you can't go back!

What are the common problems performance people have with their horses? How do you think Parelli changes this?

Dullness to the aids, tension, nervousness, sourness. Most people complain that their horse isn't offering enough, isn't trying enough or they're nervous, unconfident, aren't brave or they don't want to participate — they're not being partners. Something that Pat teaches is that horses that go through the Parelli system become calmer, smarter, braver and more athletic. That should appeal to any performance person!

In principle, what are the similarities between dressage and Parelli?

I want to quote from the United States Equestrian Federation's rule book. Here's their definition of dressage:

"The object of dressage is a harmonious development of the physique and ability of the horse. As a result it makes the horse calm, supple, loose and flexible but also confident, attentive and keen thus achieving perfect understanding with his rider."

When you read that, it sounds a lot like what Pat talks about! The trouble is that when most people think about dressage, they're thinking about movements — they want to do flying changes, half passes. It's not about the movement. The movements are actually just challenges. Can I have my horse gymnastic, flexible, supple, confident and harmonious while I'm doing a 10 meter circle? Can he have all these qualities while I'm doing a shoulder-in? How about a flying change? That's to me what the movements of dressage are — how far can we test this harmonious understanding with the horse? We're so caught up with trying to get horses to do movements, that we're forgetting what real dressage is. For me it's more pleasing to watch someone just trotting around in a harmonious connection with the horse than someone doing a half-pass

where they're grinding a performance out of the horse and the horse is miserable!

How have the concepts of "Fluidity" affected you?

They keep me from falling off my horse when I'm riding bareback! That's number one! The way Linda teaches about the horse mirroring the rider and the rider mirroring the horse — just to experiment with that has been unbelievable. If in our dreams all of our aids come from our bodies, and you don't really need to use your legs, reins and arms, and you think of your body as "being one," then it's great to be able to exaggerate that so that the horse has the best chance to feel "being one." Fluidity is giving permission to move around and experiment with your body and find those little places that the horse can feel. Otherwise our bodies aren't moving even though we're asking the horse to listen to our bodies. We're being so quiet and stiff that the horse can't feel anything.

In all the years I've been teaching and all the years I've been riding, the number one problem every rider has to deal with is tension in the body. Telling someone to sit still is no way to get rid of the tension. The freedom in the movement that Linda allows in Fluidity, to experiment to find your balance point, is so important. You can't really relax until you find the balance point — you're still holding on to some degree. For me, even though I thought I had a fairly good riding position, there was tension in my body. It really came out when I took the saddle off and started riding bareback. I knew I had to get fluid in order to relax.

Are winning and showing still important to you?

It's changing. I'm definitely a competitive person and I love being in the show ring and winning. But before I started Parelli, winning moments didn't always feel good. And sometimes when it felt good, I didn't always win. Before Parelli I didn't have any idea why this was all happening and where to go with it. I would still love to compete. To me it's about the difference between classical and competitive dressage. With classical you should always be doing everything in every moment for the best of the horse. In competition, by nature, you can't always do

that — you have to do to the horse what's best for the ride. For me it's still the ultimate challenge — to do all the requirements for the test, remain in harmony, and keep my principles.

Pat's so creative. He's got me thinking about some ideas about dressage competition. There are choices and changes. Maybe there's some way to change the way dressage competition happens.

**When was the first time you met or saw Linda and Pat Parelli?
What did you think?**

The first time I ever saw or heard of Pat was on a television show, one where they interviewed different horsemen. I had the TV on in the background and wasn't paying much attention. But then I caught a glimpse of horses running to this guy. Then I happened to see a flyer for a clinic that David Lichman was teaching. I signed up. That was all the research I had done! To have a Parelli 5-Star Premier Instructor as my first exposure to Parelli was great.

I bought the Partnership program and watched Pat on the tape. Then I went to watch a demo that Pat and Linda did in Tampa, Florida (I think it was three years ago) and that just blew me away! I had no idea what this was going to be like, and I was mesmerized.

I remember I ran up to get in line to ask Linda a question at the break. "But what about collection? Can you really get collection?" Linda said, "Yes, of course!" I sighed a big "ahhhh."

When you first started using Parelli, how did you let go of the ideas and methods you had held for so long?

Again, it was gradual. I'm pretty open and I was willing to listen. I had seen enough "before my very eyes" that captured my attention and I wanted to know how to do them.

I have this really great rule to live by: I try to approach everything with openness, skepticism and common sense. I find that if I do that, everything works out. I was open to giving Parelli a try because I was intrigued and saw things I wanted to do. With the program, even though I was skeptical, everything kept working! I would try something, thinking "this is silly," and then it would work. So at some point it became common sense to trust this method more and more.

When you first put a Cherokee bridle in the horse's mouth, did you really think you could get the same response you can with a full bridle? What does it feel like?

Somewhere there exists a video of my Level 2 assessment. I was in a really crowded ring in New York and I was doing the bareback/Cherokee bridle task. I stopped everybody in the ring and announced that I'm about to do this, and would everyone please stay out of the way because I can't really steer and if I have to swerve, I'll probably fall off. That was only a year and a half ago!

After that task, I didn't use it again until my first demo with Pat and Linda in Denver. I was going to do the demo in a halter, and then I was thinking it looked too clunky. Linda suggested that I try a Cherokee bridle and I agreed. Again it proved to me that your communication is in your body.

The feeling with a Cherokee bridle is really neat because the string is so alive that when you have a connection, even if it's very light, you

*"The last demo
I did with
Jack at
Fort Meyers,
Florida with
Pat and Linda
is definitely
my most current
best ride."*



can actually feel the tongue moving! You're very aware you're in the horse's mouth, the most sensitive part of their body. With the double bridle you don't feel that.

Dressage saddles are touted as "close contact." Obviously not as close as bareback! What is the difference in attaining the response you want from the horse?

When you ride bareback, you really have to be in balance. If you're not balanced, you can't be relaxed — you have to be holding on to some degree. Even if it's the saddle that's holding you on to the horse, it means that you're not really 100% there. That's not to say there's anything wrong with riding with a saddle, but the sensation of feeling the horse's back muscles move and being able to feel all that — it's a different sensation. My bony little seatbones on a horse bareback for too long is not good, and if you're not a real secure rider, it's also not so good. So the saddle definitely has benefits, too. And the saddle can protect the horse from the rider and help the horse to relax. But for me I spent so much time sitting that far away from the horse (in a saddle), that when I started getting comfortable riding bareback it became addicting. For me it's kind of like the responsiveness is more because you can feel more. And I expect that the horse can feel me more. If you can imagine dancing with a really sexy guy and he's wearing a thick down jacket, it's probably still good. But it would be a lot better if he had less on!

How would you convince someone interested in pursuing a competitive career in dressage that Parelli builds an important foundation?

People have known me for a long time as a "normal" dressage trainer and they still come to me and say they want a "normal" dressage lesson. They don't want any of that weird stuff. I'd say okay. What I would do with them is to do a lot of listening, then ask them what their problems were and give them Parelli solutions. I've watched Pat — he's the master of isolating, separating and recombining to come up with solutions. I would give them a solution they had never heard of.

When they would get a good result, then they would be interested.

The other thing I've done is to ask these students what their aids are for the canter. I usually get a paragraph for an answer. Then I'd ask, well, in your dreams what are your aids for the canter? Then they'd give me a sentence or two as an answer. Then I'd ask, in your fantasies what are your aids for the canter? They typically answer that if they could think it, the horse would do it. And then I'd say, "Did you know there is a way to do that?" They'd look at me questioningly and I'd say, "I could show you that way." And I'd leave it at that.

So those two little strategies are the ones that I use for people who want help, but don't know that they want Parelli kind of help.

How do you think the dressage world views what you're doing?

They think I'm nuts! I've heard comments through friends that those people don't think I'm doing real dressage.

Last year when I started really doing Parelli, I was at a stable in Ocala. There was a trainer there giving a dressage clinic. I was in the background just playing around with freestyle, not being great at it — I was still in process. This trainer actually got kind of upset and pulled me aside to talk to me about how this was not good for the horse, that it wasn't real dressage, that I didn't have collection, that the horse wasn't in balance. I just listened.

Then I went to the Colorado ISC for the summer. I came back to Florida with the same horse at the same stables. The same trainer was there, giving a clinic. So again I was in the background riding freestyle, the horse round and stretching. I'm doing some dressage movements and then I put the bridle on and rode bareback, doing more movements. As we were walking out, the trainer stopped me and said that what he just saw us do was unbelievable! "That was real dressage," he said. I'm grateful that he had the strength of character to say something.

What is your highest aspiration in the moment?

For the moment, I'm so excited to feel like a student again. There is so much to learn. I'm trying to be the best horseman I can possibly be. If I can be a bridge between the Parelli world and the dressage world and spread some of these concepts, I'd be thrilled. I would be insanely jealous if someone else was filling that role!

What was your best ride ever?

There have been so many it's hard to pick. The last demo I did with Jack (8-year-old Hanoverian) at Fort Meyers, Florida with Pat and Linda is definitely my most current best ride. It was one of those moments when everything came together and I was very conscious about it. It was very emotional, too, because it was the last demo with that horse.

What difference do you feel in your relationships with horses now that you've been involved with Parelli?

The best analogy I can come up with is that my horses are not my employees anymore. It used to be that I was the boss, had all these foreign employees, and I couldn't really understand their language.

Now I have these amazing characters around me that I play with, and we have all these great conversations! 🐾

Passing Level 3: Green — And Not with Envy Anymore!

"It seems I am a perpetual student. There is always something to learn, a goal to strive for, and a test to try to pass. For me it is motivating to have 'mile markers' to reach, something that lets me know in what direction to head and a way to know when I get there. Sometimes I do wonder why I put myself through all this, but it seems to work for me.

"What I didn't count on was how this latest endeavor, achieving Level 3, would be so all-consuming... and life-changing. It wasn't just about checking off tasks on a list. For me, already a professional in the horse business, it meant making a big enough commitment to the program that I had to re-think and 're-feel' everything I did with horses. In the spirit of 'a little information is more dangerous than none,' I felt I HAD to know as much as I could in order to be an equine professional.

"I got my Level 2 a year ago January and then had the privilege to spend all winter and summer with Pat and Linda. Pat really wants to see that you know "where to be, when to be, why to be and what to do when you get there." That, he says, is real savvy. He looks for savvy in everything you do, and when he sees you have earned the next Level he will tell you. I think I'm pretty book smart, and I've got some riding talent... but being savvy ALL the time? I really wasn't sure about that. Was it possible? And did it really matter for horsemanship?

"The result was that it made me think about how I did many things. Pat teaches that to be good with horses you need to be observant, a clear communicator, efficient, have an attitude of justice, and not take things personally. These are not bad characteristics to practice all the time! So when Pat kept me waiting for my green string I did a lot of thinking (at night, of course) about what it would take to really have Level 3. Where else could I be savvy? When you spend time with Pat you see he is always asking himself this same question.

"When Pat told me I was Level 3, it meant a lot to me. I have been tested many times in the past, but never in a way where I was encouraged to be so introspective and personally accountable while producing results. So what was it that earned me the Level 3 at this time? Pat didn't say exactly, and maybe I don't need to know. I know the changes I made within myself in regards to patience, teamwork, emotional fitness and trust. These are all traits that I have thought about before, but not in the context of reaching a particular goal or standard. All of these characteristics absolutely help my horsemanship. He did say that I "had shown savvy in everything I have done." That particular comment, coming from that particular person, was one of the highest compliments I can remember. I've had the opportunity to observe Pat's top students and Instructors, and I would love to think I had some of this same kind of savvy!

"Pat says after Level 3 you are just now ready to begin. I can't wait! So I encourage all of you trying to get to Level 3, or whatever Level you are striving for, to keep playing at it! Every time you get frustrated or find something that is difficult, search every aspect of your partnership with your horse and yourself. And be grateful that you found something else that you will learn from. It will certainly be a sad day for me if I ever find out there is nothing more to learn."

— Karen Rohlf

Pushing Passenger Lessons Q&A with Linda Parelli

I have some questions regarding Pushing Passenger Lessons (PPL's). Sydney is still quite downhill (his withers are at the 14 hand mark and his butt at 14.2). When I try to do the PPL's I find he wants to stop and I mean stop. I find I am tipping very far forward to reach down to the withers and I think this is because he is downhill. I was also concerned about putting all my weight on the forehand. He goes forward again quite easily when I sit up. I can play passenger games sitting up. I have used both the bareback pad and the saddle. I would like to do the PPL's but he is not the most comfortable to do them on and I feel very awkward. I have practiced moving my arms in motion with the paces and this works very well. I am able to ride all paces with the bareback pad.



Hands incorrect, too far forward • This takes weight out of your seat instead of allowing you to put your weight in your seat and round your back



Hands in correct position at break in withers

SAFETY TIP

Drape your reins over the horse's neck and place your hands over the reins. In this way you can quickly reach down and pick up a rein to steer or bend to a stop if necessary. Check also that your reins are not too long; you need to be able to reach down without taking the other hand off your horse's neck and still bend him to a stop. If your reins are too long this would be impossible to do without a couple of additional hitches in the process! I've shortened some reins as much as 6-12 inches! Check the Savvy System (Level 1, Lesson 15, page 12) to learn how to adjust rein length perfectly.

Since introducing the PPL, I've discovered some people do a "Leaning" Passenger Lesson instead of Pushing Passenger Lesson! By leaning on your hands you do load the front end and this is not the idea at all. So, let me explain it now a little better...

Make sure your hands are placed right at the withers or right at the base of the neck where it joins the withers. If you go further forward than this it will put your weight more on the front end and unbalance you as you ride.

2 When you push, push **FORWARDS** rather than down (without letting your hands move up the neck). When you do this it actually pushes your **SEAT AND WEIGHT BACKWARDS** to gain more contact with the horse's back, unloading the front end because it shifts your weight towards the hindquarters.

3

When pushing your seat back, your back will round up and your pelvis and tail bone will tilt down towards the saddle instead of up in the air. This lengthening of your "sacrum" will encourage the horse to do the same thus allowing the horse's hind legs to reach further underneath so he can move more efficiently. You can practice this sitting astraddle a barrel, log, etc. Feel for that gentle stretch from lower back to tail bone.

Use the PPL for situations like:

4

- safety, learning to stay close to your horse, move as one. The opposite is getting disconnected, bracing, popping off his back, clinging on like a stiff foreign body! In fact, the more nervous you feel, the more awkward your horse's motion, the more you should push.

- to feel how the horse's body moves your body in all its major parts: shoulders, ribs, hips, legs. This teaches you to "let go" with muscle tension and start to flow in unity with your horse. Feels pretty good to both of you! By the way, in the trot, use the posting or rising trot as it prevents you from locking or stiffening your joints; you want everything flexing and moving just like the horse should be.

- to teach yourself to lengthen your sacrum. Most people hollow their lower back which shortens it and creates muscular tension, even pain. Unfortunately your horse feels the same consequence (I've seen a lot of horse and rider combinations who hurt in the same places!).

- learning new skills: riding up hill, down hill, jumping, going faster, etc.

Leaning instead of pushing,
the weight is not in the seat

Pushing correctly,
weight is in the seat



One last thing, I've had some people think their arms are too short to do this! I have yet to find someone who this does not work for once they do it properly. The areas I usually need to correct are:

- where they are pushing (it's usually too far up the neck)
- leaning vs. pushing
- their backs are not rounding, tail bone is pointing up into the air instead of down towards the saddle. This stiffens and shortens your back yet lengthens the distance between your seat and your hands! You want to look more like a Halloween cat than a plank of wood, oh... and still be flexible side to side!

5



Video Tips from
Parelli Art Director, Yvonne Wilcox

Last issue we spoke about watching Pat and Linda's DVDs over and over and over to really get the full benefit – all in an effort to inject more and more savvy into our systems!

Now it's time to talk about videoing yourself! If you've not had a friend video you, you've not had the benefit of seeing how you're REALLY doing...

I thought I was going along through the program pretty well, studying Level 2, getting snappier, happier responses with my horse... Then we had to do some video training, and my horse and I were the video subjects!

WELL! When we took the tape back to the office and viewed it, I was really shocked. Everything I did was much slower than I had felt, and my horse looked really bored and disrespectful!

I would never have noticed this if it weren't for being able to stand back and view myself on a TV screen.

Having watched so much of Pat and Linda on a TV screen gave me a great comparison for how UNLIKE them I looked. This whole experience has caused me to make some changes that I would not have otherwise known I needed to make. So, in the interest of taking your savvy further, faster, go get VIDEOED!

Bubbles, Backhoes & Bombs

by David Lichman, Parelli 5-Star Premier Instructor

We do a course called Bonding and Bombproof. It's basically helping Level 1 Grads desensitize their spooky horses. We use Love, Language and Leadership – getting the horses to respect our leadership in scary situations – plus using their curiosity to help them discover that things are not as bad as they appear. We get them to tolerate at first, and then over time begin accepting the scary things.

The facility is Eagle Ridge Ranch – our Level 1 Grads Sherri and Jerry Hodnefield have a WW II Museum on their property, thus the tank. They also have some airplanes and did a few early morning buzzes of the playground.

Graduation from the class – everyone rides around in a circle while we shoot black powder blanks in the air.

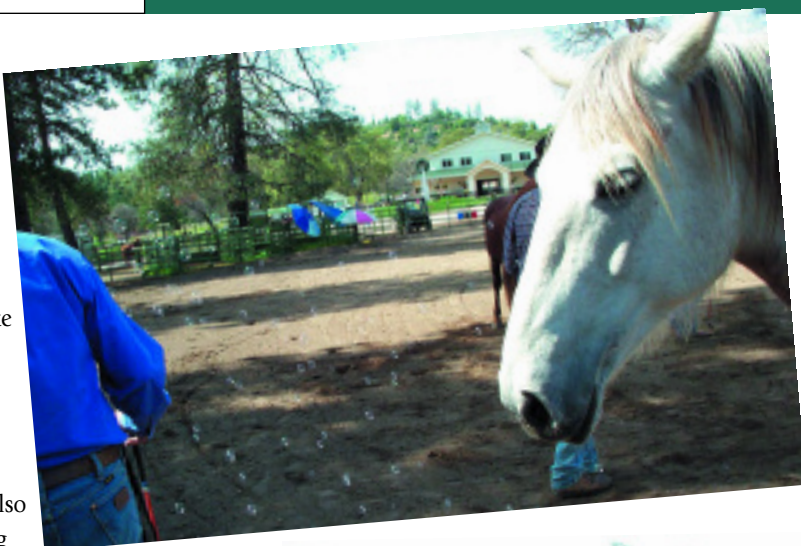
The original concept for the class came from my former coordinator, Celenia Penix. Many folks offer these desensitization clinics – like for mounted police – and they muscle the horses through it being ridden – and usually there are wrecks where horses and humans get hurt. She thought there should be a safer, more natural way to teach this, starting on the ground, and thus the course was born. Advanced Friendly Game if you will...

The Bonding part – we get that as a by-product of the leadership it takes to get the horses to follow our lead when things get a bit scary – but also I offer to the students to spend all day and night with their horses – eat with them, sleep with them at night – take them out for a graze and relax with them. As a little exercise, I ask them to track the number of times the horse lies down, goes to sleep, eats, drinks, pees or poops in a day. Most students report the most discoveries during the sleep outs...

My personal discoveries were that 1) I have the itchiest horse in the world – he rubbed the side of the stall door seemingly all night long. 2) He doesn't sleep much, and gets playful during the night (no, my cot is not a pedestal to stand on). 3) As he leaned over me and I awoke to his hot breath, there was a view I hadn't seen before – I never knew that he has a tiny white spot under his bottom lip.

"The tank is an M-24 Chaffee built in 1944 and used in the last days of WWII. After the war it was given to the Norwegian Government and after outliving its usefulness, was relegated to a gunnery range for target practice. It was purchased as a wreck in 2001 and was completely restored (every nut and bolt) and returned to me in 2003. The tank is one of 5 tanks in my collection."

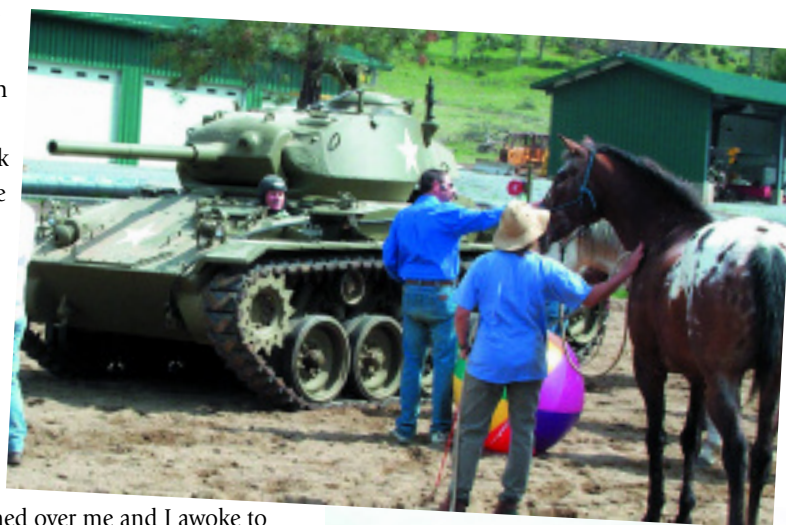
— Jerry Hodnefield



"18" getting used to the bubble machine – potto umbrellas in the background



Susan Nelson and Salma (our host's Paso Fino mare) Jerry is driving the backhoe.



Tank stands still to allow for some curiosity time...

David Rotenmund (Level 3 student) and "Bullet" – Missouri Fextrotter on line "Follow the scary tank"



Photos by Molly Moore



Claudia's Arab reacts to the chain of garbage bags spring loaded to move sharply all in unison down the fence line...



Sasha has to pull the cart so the horses can get used to it.



Tova & Jasmine - Crossing the stream - the long way

As one of Pat Parelli's top rated instructors, David Lichman travels all over the world helping people to get extraordinary results with horses. He's handled thousands of horses from every breed and discipline. He has a special personal interest in the Gaited and Iberian breeds, in particular Tennessee Walkers and Lipizzans.



How to Care for Your O'Farrell Hat

When you own an O'Farrell handcrafted beaver fur felt hat, you can be confident that it can withstand a great deal of punishment. Handling it with a bit of hat-savvy will keep it serviceable for years.

Primary tips:

1. Handle your hat by the BRIM, not the crown. The brim is stiffer and tougher, and the crown will cave in after time if pinched. Put your hat on by holding the front and back of the brim and nesting it on your head.
2. Don't worry about dirt. Let wet dirt DRY before attempting to remove it. Use a dry sponge or hat brush LIGHTLY and BRISKLY to dust the surface enough to remove dirt. Do NOT brush hard enough to raise the fibers of the beaver fur up from their painstakingly crafted velvet finish. (Note: if you find a stubborn stain, most of them can be removed with coaching from the hatmakers at 1-800-895-7098.)
3. NEVER lay your hat down on its brim (even if it is dry), as that will destroy the shaping of the front and back "dip" curve. If you don't have a good peg to hang your hat from its sweatband, turn your hat upside down and stand it on its crown (unless it is soaking wet). If you've been caught in the rain (don't worry, beaver live in the water, and their hair fibers can take it) turn the sweatband inside out when you come in, and let your hat dry out while sitting the sweatband on a flat surface. If you have an O'Farrell "Custom Keeper" (cedar wood block in the shape of your head), always insert it in the hat and store it upside down in its box or on a specially made stand (available through O'Farrell).

Read more on www.ofarrellhats.com or call 1-800-895-7098 if you would like to query the hatmakers directly.

— Letitia Glenn,
Parelli Collection





Match the following with the correct animal.

Babies are born with their eyes open

Babies are born with their eyes closed

Babies can't walk hours after they're born

Babies can walk hours after they're born



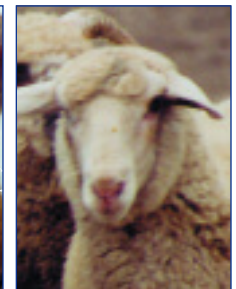
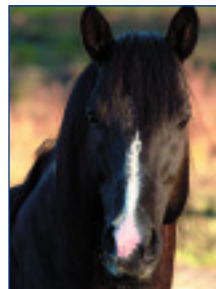
Why are prey animals (like the calf) born this way?

- a. because their mothers take care of them
- b. because they can't defend themselves and need to be able to run from predators
- c. because they're cuter that way
- d. because they eat grass

Why are predators (like the puppy) born this way?

- a. because their mothers can protect them
- b. because they can't defend themselves and need to be able to run from prey
- c. because they're cuter that way
- d. because they eat meat

Because prey animals need to be on the look-out for predators, their eyes are located on the sides of their heads. They can see EVERYTHING! Predators' eyes are located in the front of their heads. Label each of the following as either a prey animal or a predator.



Because horses are prey animals their priorities are different from ours. There are four things that horses need. Please number them in order of greatest (1.) to least (4.) importance.

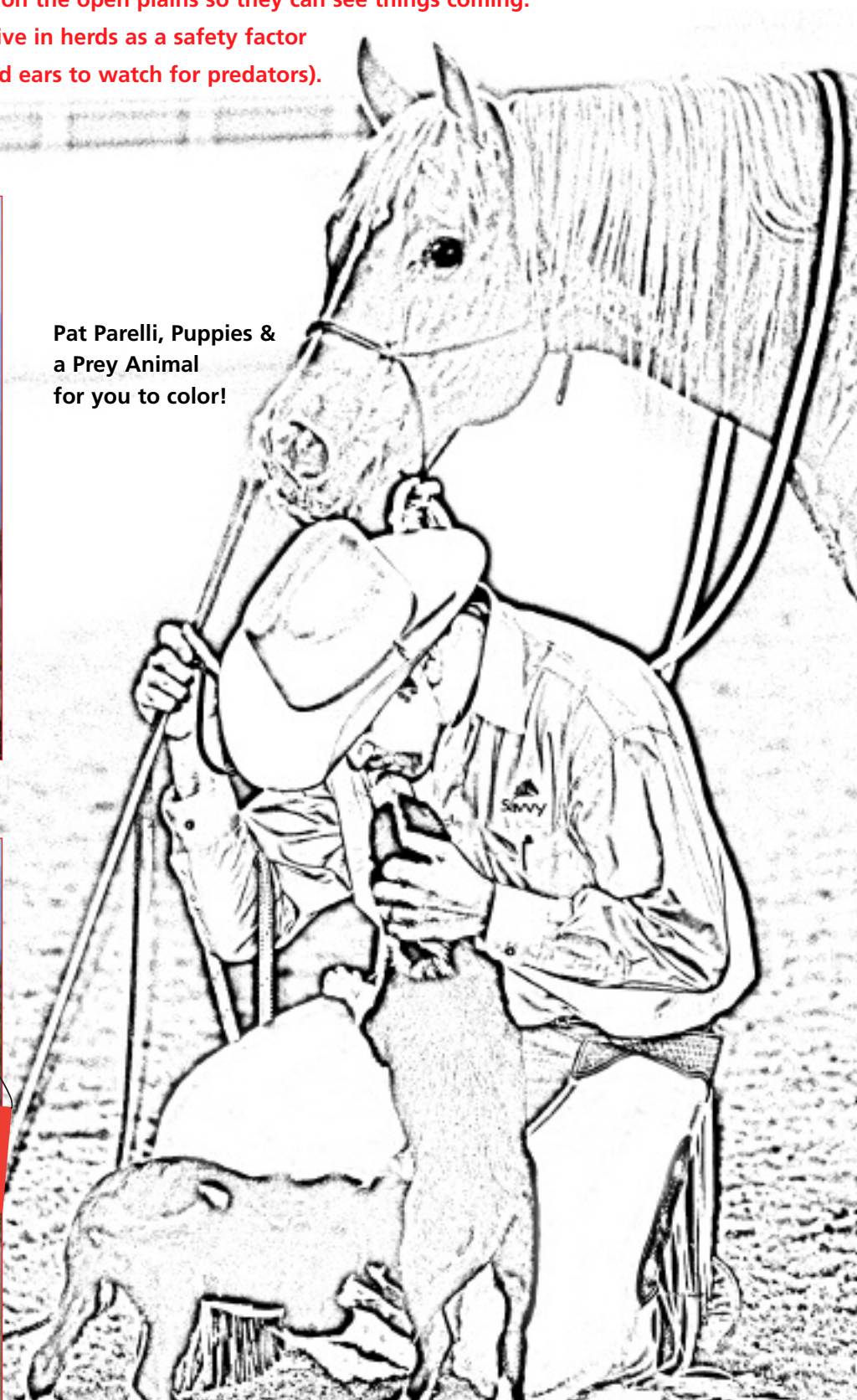
___ Play ___ Safety ___ Food ___ Comfort

Using the coloring picture below, draw a line from the horse (prey animal) to its home on the left and from the puppies (predators) to where they would make their home in the wild. Then answer the following True/False Questions (Circle the correct answer.):

True or False: Predators live on the open plains so they can see things coming.

True or False: Prey animals live in herds as a safety factor
(more eyes and ears to watch for predators).

Pat Parelli, Puppies &
a Prey Animal
for you to color!



It's been about 15 months since I began working with Pat Parelli and his amazing program. As I prepare for my upcoming competitions, it would be hard for anyone who doesn't know me to believe that Pat taught me to ride only 15 months ago and that I learned to jump about only nine months ago. Due to time limits with the Pentathlon, we've fast forwarded through many of the important things in Parelli's step-by-step program. This is something you would never do under any other circumstances, but even so, I've been able to grasp the main concepts of Pat's training. As a result I've made leaps and bounds in my riding and horsemanship skills over the past year.

This progression has impressed many coaches around the world. Why? Two reasons. First of all, when I started with Pat Parelli, I was no David or Karen O'Connor. I had not ridden horses all my life, I never worked on a ranch, and I was no world champion rider or gold medalist — in fact, quite to the contrary — I was about as novice a rider as you can imagine. Second, when I began my quest, many people told me: "It will be impossible for you to jump a course with four foot fences in such a short time. In fact, it would be impossible if you did nothing else but focus only on riding, but the fact that you will take on four other new sports as well makes it that much more impossible."

But I had a passion for competing in the Modern Pentathlon. I've learned throughout my athletic career that with the passion it takes to do Olympic sports, often you can overcome what many believe is impossible. Pat shared that same passion with me. And guess what?! I am jumping four-foot fences now. Yes, I've achieved success after learning to jump only nine months ago, and learning to ride a little over a year ago. Surprise!

I know I've had some setbacks along the way; setbacks that would discourage some people from ever getting back on a horse again. But another thing I've always believed throughout my life is that it's not

how many times you fall down that count — it's how many times you get back up and try again. Babe Ruth holds the record for most strike-outs in baseball history, but that's not what people remember about him. What people remember is how he kept on swinging, and what went down in history is what happened when he did hit that ball. Well, over the past year, I've made getting back up again a way of life.

The story I wrote in the January issue of *Savvy Times* told about some of the progress

know is the wrong thing to do. That just made her go faster. She threw me off and then ran over me, stepping on the inside of my left leg, just above the ankle. This left me immobilized for nearly eight weeks. After my recovery, I returned to Ocala and Pat reunited me with Katie. Needless to say, that didn't go too well. A mixture of fear and animosity on my part and a complete lack of confidence and trust in me on Katie's part made for a pretty bad horse/rider relationship. After 10 days I left for Europe to work with Grand Prix competitor and Parelli student Luca Moneta and 3-Star Parelli Professional Aimee Brimhall. This brings us to July at the ISC in Pagosa Springs. Now here's the story...

I was very happy to be back at the Colorado ISC and working with Pat again. Over spring and the beginning of summer I had made some really good progress with my riding and horsemanship skills, but I had also had some bad experiences with accidents. I knew the one person who could help me overcome these old ghosts would be Pat. It's amazing the feeling of confidence you get just by having Pat there.

Well, on my first day back, Pat assigned me a horse named George. He was a great horse and I was happy to be riding him. I just assumed this would be my horse for the summer

and I was pleased with that. But the very next day, Pat did it again! He reunited me with, guess who? Katie! Oh, and to add to that, he told me, "You will only ride bareback, no saddles, no stirrups this summer." I was thinking, "Oh my gosh, are you trying to kill me?" But Pat had a plan for me, one I didn't understand at the beginning nor at many points along the way.

My first few weeks on Katie went okay. Some things were good, some not so good. We were working on my sitting trot and playing Passenger Lessons in the small round pen. Although things were coming along quite nicely, every time we went out of the round pen Katie would get out of control and we'd have to go back in. Then

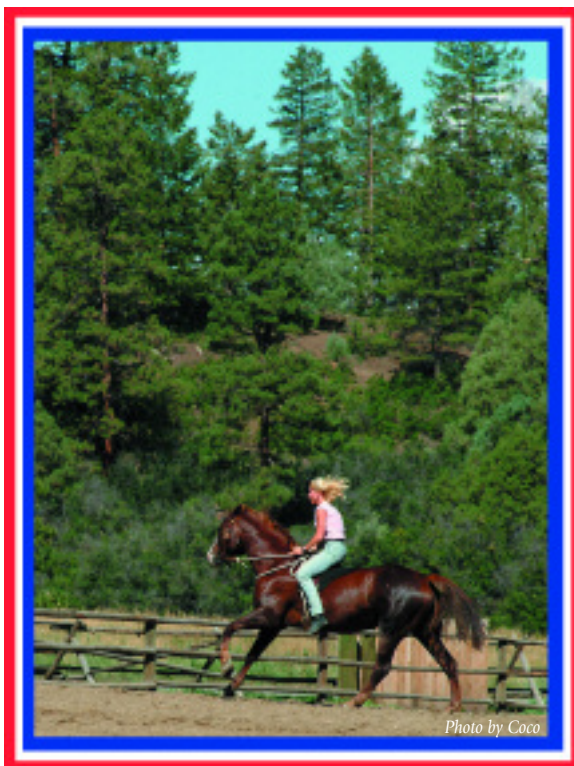


Photo by Coco

I made working with Pat, and in particular, with his wonderful Level 3 horse named Katie. I left you with sort of a cliffhanger on how my experiences and relationship with this horse changed drastically by applying Pat's concepts about horsemanship. I want you to read very carefully, because this story really gets to the heart of who Pat Parelli is. It's not just about my own progress with riding skills; it's about developing a trusting relationship between a horse and human.

Before I start, I will give you a quick recap of the events that have happened. Last spring, while riding Katie at the Parelli International Savvy Center in Ocala, Florida, she took off with me. Of course I gripped with my legs for dear life, which we all

when I felt comfortable at the trot we began to canter around the pen. Katie wouldn't even do one full circle at the canter for me. She would turn sharply into the middle and stop. I tried using my inside leg and outside rein, which helped a little but she still took control. Then Pat told me that I was not in control and that she was winning the game every time. He told me she didn't respect me at all as a leader. Then Pat gave me some ideas and drills.

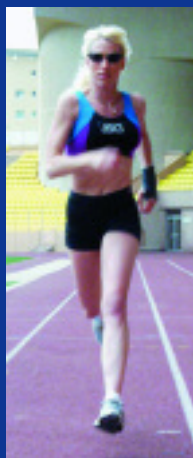
The next day, Pat told me to play this game: Don't stop cantering until I say so; if Katie stops use all the phases to keep her going. He sent me to the big round pen up near the lodge. The next few hours became the turning point in the relationship between this horse and me. I took hold of the handle on the bareback pad in one hand and my Savvy String in the other, and I was ready to play and win this game. But so was Katie! When we started, she did her old trick of turning into the middle and stopping. But this time I kept spanking with the Savvy String until she started again. And let me tell you, this horse was not happy with this system. For about an hour we played this game. Katie kept cantering but she was taking the turns so sharply. But I kept saying, "This is your problem not mine; you just keep going."

Then another time she focused on a lower part of the fence and ran downhill, then halted quickly, putting her legs forward and throwing her head down over the fence. Since this is the way she threw me last time, I saw it coming and put my legs forward and leaned way back. I stayed on, but I was thinking, "Wow, she's really trying to get me off her back." One of the Instructors watching said that between me and the horse, we generated enough electricity to light up the lodge. It was emotionally exhausting, but after this, Katie started to canter nicely around in a circle. And when she did, I would turn into the middle and let her stop. From this day forward, things began to change between Katie and me. I seemed to be winning not just this game, but her respect as well.

Over the next few weeks, Pat had me take Katie out of the round pens to the open

Exactly What Is the Modern Pentathlon?

A significant part of Olympic culture and legacy, the Modern Pentathlon is deemed a "complete" sport, encompassing mental and physical prowess. Swimming and cross-country running are basic physical disciplines. Shooting a pistol requires stress control and precise technique. Epee fencing requires adaptability, intelligence, and the ability to outwit your competitor. Riding an unknown horse over a stadium jump course requires a mix of adaptability, self-control and courage.



During the Olympics, competitors participate in all five events in one grueling day. The total points scored in the first four events determine the starting order for the final event, turning the cross-country running into a handicap event. Because of this handicapping system, the first three competitors to cross the finish line at the end of the run fill the gold, silver and bronze medal positions.

In the Ancient Olympic Games the Pentathlon was the competition that showed the best and most "complete" athletes.

Competitions included running, jumping, discus throwing, javelin throwing, wrestling, boxing, pankration (a form of combined boxing and wrestling), and equestrian events such as horse racing and chariot racing.

The Modern Pentathlon was introduced into the Modern Olympics by Baron Pierre de Coubertin at the 5th Olympic Games of the Modern Era in Stockholm, Sweden in 1912. The five diverse and unrelated sports arose from a romantic vision of a liaison officer whose horse is brought down in enemy territory. He defends himself with his

pistol and sword, swims across a raging river and finally delivers the message on foot. It was indeed the military who most enthusiastically adopted this new sport with its demands of courage, coordination, physical fitness, self-discipline and flexibility.



One such competitor was a young U.S. soldier, Lieutenant George Patton. He finished fifth, let down by his lack of skill in, of all things, shooting. Patton went on to other challenges and won acclaim, however, as the revered General George C. Patton of World War II fame.

The International Olympic Committee (IOC) allowed women in the sport for the first time ever in 2000. Less than a year ago, IOC President Rogge increased the number of participants in the Modern Pentathlon from 48 to 64 athletes. The 32 men and 32 women repre-



sent a small percentage of the total 10,500 Olympic athletes.

The Modern Pentathlon

is a true representation of the Olympics: The five Olympic rings are reflected in the Modern Pentathlon's five events and participation from all five continents. Truly, the Modern Pentathlon reflects the ideals embodied by the Olympics.



Photos courtesy of Tracy Matthes



Photo by Coco

field and canter up this long hill. We went on long trail rides, chased cattle, cantered up and down steep hills. My confidence and trust in Katie was growing every day and vice versa. Every day, after we got done riding, I'd turn her out to the pasture and normally Katie would just take off and run out to the herd. Now she would wait for me at the gate. I tried to shoo her away to be with the other horses, but she just stood there staring at me with that cute face. So I'd go into the pasture and walk her over to the horses at the other end of the mare's pasture, talking to her the whole time. This happened EVERY day! Then it hit me — this horse was not just an animal I practiced on each day; she was becoming my best friend. This was the most unexpected part of the summer. I never knew the personal connection humans could have with a horse.

One of my ultimate favorite things to do while riding at the ISC was when Katie cantered around the pond by the lodge. I found it astonishing that I was riding like this bareback. I now felt more comfortable and more in control than I ever did with a saddle and stirrups. Pat is so amazing. No matter how many times he told me this would be the result, it's not until you feel it and experience it that you can even imagine it, and even then you still can't believe

it's happening.

The Savvy Conference was coming up in a few weeks. During the time leading up to it, Katie and I were jumping barrels and logs and anything else we could find around the ranch. It felt like second nature to me. I felt confident, balanced, and totally in control. And what's more, Katie and I were now a team. She knew what I needed her to do and she would do it. Even when I'd get a little behind or ask her the wrong way, she would just take over and do it beautifully. We were totally in sync.

For those of you who were at the Savvy Conference and saw me ride Katie, you know she did a brilliant job. You would have thought we'd been riding together for all our lives. But in reality, it was only two months.

After the Savvy Conference, I had to leave for Europe for my pentathlon training at the base of the International Federation of Modern Pentathlon. I was so sad to leave Pat and Linda and everyone at the ranch. But I was most sad about leaving Katie. In fact when I had to say goodbye, and she wrapped her head around my shoulders, I just started to cry. I couldn't believe that I didn't cry saying goodbye to any of the people at the ranch, people I loved dearly. But I totally broke down saying goodbye to my horse.

In this story I've just shared a few highlights. It really just skims the surface of what all happened. There are a hundred other little details. I hope you can see a glimpse of the miracle of this transformation. What began with a shattering of trust and confidence between a horse and rider emerged as a successful team of best friends. How Pat could take a horse like Katie and an inexperienced rider like me, after all that had happened (including the accidents), and have this be the final result — that is the brilliance that makes up Pat Parelli. This was Pat's plan all along and I never saw it or understood it until it happened. Part of Pat's creative charm in teaching is that he does it in such a way that you don't realize what he's doing until it's over, then you think, "Oh yeah, I get it now!"

The things I learned from Pat over the past year are more than any riding coach could teach me in a lifetime. It's not just about getting on a horse and riding well, it's about learning to trust and understand the horse and learning how to make the horse trust and understand you. It's about a relationship that, like any relationship, works best when there is a mutual confidence, trust and connection.

In the October issue of Savvy Times, I will be able to tell you the conclusion of the story of The Long Road to Athens — hopefully there will be a picture of me wearing the Gold! 🐾



Photo by George Haney



Photo courtesy of Ginny Sue Lewis

Learning to Learn Again: A Special Tribute

by Wanda Schmitt with Ginny Sue Lewis

January 10, 2003, Parelli Instructor John Harms died of cancer. This was a dark year for me. Lots of genuine horsemen left that year... there must have been a convention in Heaven.

John had been my friend and mentor for seven years. My situation was unique. Being only an hour away from his residence, I was fortunate to have spent much time with him. Being one of his first Parelli students, he was able to come to me when I'd call. Shortly after, we had quite the study group taking monthly lessons. Once word of this wonderful man was out, he was scheduled months in advance and we found our study time being shared with others.

We didn't just participate in clinics with John. As our Savvy improved, we were invited to

join him and his buddies as they worked cattle: moving, sorting and castrating. This was truly putting principal to purpose. The last year with John was even more special. Since he was ill and not traveling near as much, I was personally able to spend more time with him learning about horses while not in the clinic atmosphere.

After he passed away, I lost my confidence, focus and desire to keep learning. Something was missing. I was worried about trying something new or "going there" with difficult tasks, getting stuck and not having him to turn to for support. John had always been there to answer my questions and help me over the hump. I took the easy way out and didn't do anything. My horses had been standing for

over a year doing only what horses love to do best. John would have "kicked my butt" for certain.

With my horse Vince currently suffering with lameness, I have decided to take the plunge and get a new colt to start. That would have made John smile... "Ya done good," he'd say.

I would not have been able to achieve my Level 3 without his constant support, guidance and endless patience. When I started the program, I had small children and my family takes first priority always. Both my time and funds were limited. It took me seven years literally of blood, sweat, tears and wonderful memories. It is that history that keeps me on the Savvy track; not a day goes by that I don't think of John. Knowing his time on earth

was limited, he wanted us to be prepared. You could see in his eyes how proud he was of his students. We were more proud to call him ours: he was our John!

He was a once in a lifetime character. I doubt I will ever come across anyone else for whom I have more respect. Having learned from John, you don't just put "this" away... after awhile it becomes you. It isn't something you just do when you play with your horse... it's what you do all the time.

With the Savvy Conference in September of 2003 being my first horse event since John's passing, it was there while browsing through the merchandise tent that I came across Ginny Sue and her award presentations. In an instant, everything came flooding back and hit me hard. We spoke for only a moment... our tears wouldn't stop falling. Seeing the different educational milestones displayed in such a beautiful and creative manner made me think of John and the incredible impact he had on my life and my horsemanship.

I made contact with Ginny Sue a couple months later to begin this most special project. Carefully, I forwarded her my "John pile" consisting of an array of sentimental items. She had to replace my string for the original one is next to John in his casket. Having accomplished my Level 3 so close to his death, I wanted him to have my string. My horse lets me know every time we play if I've earned it!

One year and two weeks after John's death, I made a three state trek to pick up my presentation at Ginny Sue's studio. It was everything I'd hoped it would be and more. I finally found a way to begin my healing process and pay tribute to my mentor and dear friend, John Harms. 🐾

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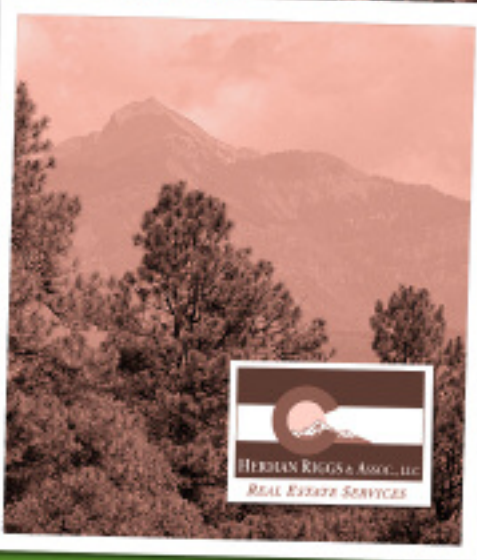
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"These days it is so hard to know what to do for our horses in terms of their best care, and I take very seriously my role in introducing to you the things we know work. They are what we have been using with proven results that you can trust."

— Linda Parelli

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